

HEALTHY BODY  HEALTHY MIND

women's fitness

FEEL GREAT NAKED

YOUR 2-WEEK HOT-BODY
ACTION PLAN

*No more
stress*

*Your guide to
mindfulness*

**LOVE YOUR
BODY NOW!**

- ✓ Boost your confidence
- ✓ Lose your hang-ups

REVEALED

**#1 fat
loss fix**

that works for everyone

SPECIAL REPORT

**ARE YOU OVER-
EXERCISING?**

Give less, get more

**Tone your
tummy**

in 3 easy moves

16 Healthy
recipes
you'll *love*
to cook

WOMENSFITNESS.CO.UK
ISSUE 144 | SEPTEMBER 2015 | £3.80



NEW

NEW

müller®

Light®
GOODIES™

Lemon

with meringue style
pieces

LOW FAT
99 kcal
or less



**MMMM... DELICIOUS
AND 99 CALORIES**



THE SEARCH FOR YOUNGER LOOKING SKIN IS OVER.

1 CREAM, 100 AWARDS.



Olay Total Effects is a simple solution for younger looking skin.

With **7 age defying benefits in 1**, and **100 awards across the globe[†]**, it's all your skin needs. The 7-in-1 from the world's number one.

WORLD'S No. 1
FEMALE FACIAL SKINCARE BRAND*

Your best beautiful begins at Olay.co.uk

*Based on mass market facial moisturiser and cleanser value sales for past 12 months ending June 2014

†Based on number of awards received by Olay Total Effects boutique across the globe 2002-2014


Olay
TOTAL effects

YOUR BEST BEAUTIFUL™

September 2015

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health

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beauty

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PICTURES: SIMON TAYLOR; SHUTTERSTOCK LETTERS MAY BE EDITED AT THE EDITOR'S DISCRETION

Meet the experts

Every issue is packed with advice from our expert



AMANDA HAMILTON is a nutritionist, author and TV health expert.
AMANDA HELPS YOU NIX THOSE NASTY MIGRAINES FOR GOOD ON P90



LEE PICKERING is a personal trainer at DW Fitness.
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ANN JOHANSSON is the founder of BoomBoom Athletica.
ANN CHATS TO WF ABOUT STARTING THE BRAND AND STAYING FIT AND HEALTHY ON P80



MADELEINE SHAW is a nutritionist to the A-list.
MADELEINE TELLS US ALL ABOUT HER HOT NEW HEALTHY COOKBOOK, GET THE GLOW, ON P106



nutrition

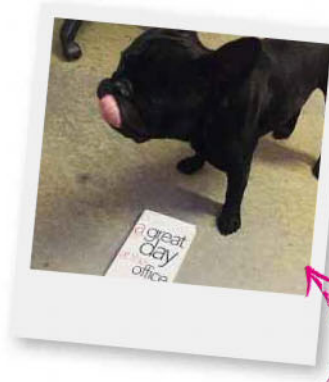
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What we did this month

Trending



GOT A DOG!

Yup that's right, team WF are dog-sitting 'Mister George' at WF HQ!

TRIED OUT THE NEW REEBOK AND UFC KIT!

Amanda with UFC strawweight champion Joanna Jedrzejczyk



'I'm working out in the sunshine in my garden this month'

JOANNA
Editor

'I've got a new personal trainer!'

AMANDA
Fitness editor

'I'm on a post-hol fitness kick!'

ELLIE
Deputy editor

Something on your mind? Share it with WF... We want to hear from you!

Have your say



Women's Fitness readers say...

I was really pleased to come across Get Totally Toned! I didn't really think Pilates was for me, so I didn't know much about it, but learning from your article that it is a wonderful toning and strength training method for people of all fitness levels and abilities, I think it is probably the exercise I am looking for to firm up all my jiggly bits. I've booked in some classes and am confident that I will be toned top-to-toe in time for my summer holiday abroad. Thank you!

Beatrice Webb

We asked...

What is your favourite health and fitness pick-me-up?

When I feel stressed, I always go for a run. But not a timed or measured one - I just run spontaneously with my music until I forget why I even needed to in the first place.

Danielle, London

I love to experiment with healthy ingredient swaps and my latest obsession is dates as a sweetener. I make a killer raw date brownie and it puts my whole family in a good mood.

Marie-Ann, Brighton

I always turn to yoga; it relaxes my entire body and mind and it's also great at any time of the day - morning wake-up, midday stretch or evening relaxation.

It really is a healer!
Bryony, Stevenage

NEXT ISSUE: What's your go-to healthy recipe?

contact us...

- Email: team@womensfitness.co.uk
- Write to: *Women's Fitness* 'Have your say', Unit 011, Netil House, 1 Westgate St, London, E8 3RL
- Tweet: @WomensFitnessuk
- Facebook: facebook.com/womensfitnessmagazine



GET IN TOUCH AND WIN!

Write to us and tell us what you love about *Women's Fitness* and you could win an amazing Beurer activity sensor (worth £99)! This awesome fitness tracker monitors your physical activity as well as your calorie consumption and your sleep. Get typing now to bagsy yours!

● beurer.com



panel. Introducing this month's health and fitness gurus...



AMANDA KHOUV is a qualified personal trainer, WF's fitness editor, wearer of warm hats and serious coffee lover.
AMANDA GIVES YOU A HOT NEW WORKOUT ON P30



HANNA SILLITOE is a healthy living blogger at beyondfit.co.uk.
HANNA GIVES YOU THE RECIPE FOR HER DELICIOUS SPROUTING SALAD ON P102



LOUISE PYNE is WF's features editor, a registered nutritionist and our resident herbal tea connoisseur.
LOUISE BOOSTS YOUR CONFIDENCE ON P56



NICOLA SHUBROOK is a nutritionist.
NICOLA TELLS US WHY TROPICAL TREAT PINEAPPLE SHOULD BE ON THE MENU THIS SUMMER ON P111

NEW!

Compak Pearl

TAMPAX
COMPAK PEARL
ADAPTS
TO YOUR
UNIQUE
SHAPE
FOR LESS LEAKS*

Outsmart Mother Nature
TAMPAX



Our only compak that fits your shape
for our #1 in comfort and protection.**

NEW! TAMPAX
Compak PEARL



*vs. Tampax Compak

**Our #1 combination of Tampax's comfort, protection & discretion

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EDITORIAL

Editor JOANNA KNIGHT
joanna.knight@littleshackney.co.uk

Features Editor LOUISE PYNE
louise.pyne@littleshackney.co.uk

Deputy Editor ELLIE MOSS
ellie.moss@littleshackney.co.uk

Fitness Editor AMANDA KHOUV
amanda.khouv@littleshackney.co.uk

Junior Writer LISA NGUYEN
lisa.nguyen@littleshackney.co.uk

Sub-Editor LISA MORGAN
team@womensfitness.co.uk

Women's Fitness editorial,
Little Hackney Ltd, Unit 011,
Netil House, 1 Westgate Street,
London, E8 3RL
T/020 3095 9710

ART & PRODUCTION

Art Director NICOLA KERR
nicola.kerr@littleshackney.com

Production MICHAEL HILLS
michael_hills@dennis.co.uk

CONTRIBUTORS
Christine Bailey, Camille Bienvenu,
Jade Brown, Katherine Ducie, Kate Harrison,
Natalie Roberts, Vineeta Sathiamoorthy,
Nicola Shubrook, Aoife Stuart-Madge

ADVERTISING

Managing Director
JULIAN LLOYD-EVANS

Advertising Director RICK ASIYANI
Rick_Asiyani@dennis.co.uk
T/020 7907 6713

Advertising Manager NIN VIRDI
nin_virdi@dennis.co.uk
T/020 7907 6581

Senior Display Executive SARA SHAH
sara_shah@dennis.co.uk
T/020 7907 6707

Media Sales Executive EMILY QUINN
emily_quinn@dennis.co.uk
T/020 7907 6547

Agency Sales Manager
CLAIRE-ELOISE O'FARRELL
Claire_o'farrell@dennis.co.uk
T/0207 907 6688

Account Manager LISA JAY
Lisa_Jay@dennis.co.uk
T/0207907 6765

Regional Advertising Sales
THE MEDIA CONSULTANTS LTD
T/01423 569 553

MARKETING

Marketing Co-ordinator JAMES YOUNG
james_young@dennis.co.uk

SYNDICATION

Syndication Sales Manager
RYAN CHAMBERS
ryan_chambers@dennis.co.uk
T/44 (0)207 907 6132

Licensing Manager CARLOTTA SERANTONI
carlotta_serantoni@dennis.co.uk
T/44 (0)207 907 6550

Licensing & Syndication Assistant
NICOLE ADAMS
nicole_adams@dennis.co.uk
T/44 (0)207 907 6134

MANAGEMENT

Group Publisher RUSSELL BLACKMAN
Publisher NICOLA BATES

Newstrade Director DAVID BARKER
Subscriptions Director LUCY DAVIS

SENIOR MANAGEMENT

Chief Financial Officer BRETT REYNOLDS
Group Finance Director IAN LEGGETT
Group Managing Director IAN WESTWOOD
Chief Executive Officer JAMES TYE
Company founder FELIX DENNIS

DISTRIBUTION

Seymour Distribution Limited,
2 East Poultry Avenue, London, EC1A 9PT
T/020 7429 4000

TO SUBSCRIBE

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From the editor

Joanna Knight



I LOVE ME!
We help you boost
your body confidence



SUPER SPROUTS
Get growing to
boost your health



PRESENT AND CORRECT
Learn to be mindful

This
month's
cover

Photography:
Simon Taylor
Make-up: Alisha Bailey
Model: Montana,
nevsmoodels.co.uk
Styling: Joanna
Knight, Ellie Moss
Clothing: No Jiggle bra,
£65, nojiggle.co.uk;
Lorna Jane top, £44,
houseoffraser.co.uk;
Stella Sport tankini,
£35, adidas.co.uk



**Body confidence is
always top of our
agenda, and it's never
more important than
when you're in the buff!**

Feeling proud of your
bod is just a few steps
away thanks to our
22-page Feel Great
Naked special, from
page 55. Packed with
expert advice, speedy
fixes and a figure-loving
workout plan, it's
your one-stop shop
to feeling fab in
your smalls – enjoy!
We want to help you
embrace good health,
from the inside out, this
month! Turn to **page 102**
for the latest health-
boosting foodie craze;
page 86 to master the
art of mindfulness;
and **page 82** to discover
how to bag the job you
really want this year.

Have a great month!



IN THE BUFF
Our pick of the
ultimate undies

**WE
LOVE!**



WORK IT
Boost your
prospects with
our top tips

Joanna

Don't miss a single issue of WF!



If you can't always find Women's Fitness in store, help is at hand! Just complete this form and hand it in at your local store and they'll arrange for the latest issue to be reserved for you. Some stores may even be able to deliver the magazine to your home. Just ask! (Subject to availability)

PLEASE RESERVE/DELIVER MY COPY OF WOMEN'S FITNESS ON A REGULAR BASIS, STARTING WITH ISSUE

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Address		
Postcode		
Telephone number		

SONY

I can ride without limits

with up to 2-day battery life
on the Xperia™ Z3^{®*}



*Battery life has been measured against Sony Mobile Communications AB's smartphone usage profile, defined in September 2014 to represent the typical smartphone user's active condition, including but not limited to a range of usage scenarios (calling, texting, web browsing, social networking, game playing, music listening, picture taking, picture browsing, online video watching, video recording and playback). Sony and Walkman are trademarks or registered trademarks of Sony Corporation. Android, Google Chrome and Google Play are trademarks of Google Inc. PlayStation is a registered trademark of Sony Computer Entertainment Inc. ©2015 Sony Mobile Communications Inc. All rights reserved.

ESSENTIALS

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6 SEPTEMBER

Get involved!

Sign up for the Tri For Life Woburn Abbey Triathlon and run, bike and swim around the stunning Woburn Abbey estate in Bedfordshire. Choose from the short, medium or long distance.

● humanrace.co.uk



➔ DIARY DATES



The beast!

5-6 SEPTEMBER

Take on obstacles, lakes, fields and woods in this epic 10K off-road run in Warwickshire. Packed with man-made and natural obstacles, it's a great way to challenge your running this month.

● thewolfmun.com



The sing-along

13 SEPTEMBER

With live DJ stations along the route, you'll be dancing all the way to the finish line at the Sure Run to the Beat 10K. Starting and finishing at Wembley Park, London, you can expect a great atmosphere.

● runtothebeat.co.uk



The pedal pusher

13 SEPTEMBER

Take your cycling to the next level with the Wiggle Etape Cymru. This lung-busting ride sets off from Wrexham, takes in the Clwydian Range and Dee Valley, and boasts stunning views – and epic climbs!

● humanrace.co.uk



The secret to
model-beautiful hair?

head & sssssshhoulders

*Visible flakes seen at 2ft. with regular use.



When it comes to her hair, **Sofia Vergara** doesn't compromise and neither should you. Get up to **100% flake-free*** and **model-beautiful hair** with Head & Shoulders Smooth & Silky Shampoo and Conditioner.





GOING COCO

Miracle-working coconut has made its way into Jāson's new range, with exotic-scented products that hydrate, nourish and soften your skin naturally.

● From £7.99, jasonnaturalcare.co.uk



IT TAKES TWO

New season, new two-piece? Sure thing! Fruity designs are all the rage, and the Aerie Holly bikini is beautiful and bang on trend.

● £34 (top); £20 (bottoms), ae.com



HOME COMFORTS

Freshen up the front room with Orla Kiely's scented candles and reed diffusers – the Earl Grey is ideal for winding down after a long day.

● From £25, orkiely.com



CRAZY FOR CRAYONS

Want a crazy 'do without the commitment? Create colourful streaks, stripes and patterns, then wash them out like it never happened, with Bleach Hair Crayons.

● £4, bleachlondon.co.uk



See it, buy it, love it!
Your essential guide to
the month ahead



SWEET TREATS

Ted Baker's new Sugar Sweet body collection is full of soft and fruity floral scents in a body wash, lotion, lip balm and more. We love the elegant packaging.

● From £4, boots.com



SURF'S UP

This floral print Alouet Backpack from Animal is giving us serious summer surf vibes. Chuck your gym kit in it or use it when cycling around town.

● £23, animal.co.uk



FLAT MATES

Sperry – the brand behind the first-ever boat shoe – brings you these super-cute Seaside Slip-On Sneakers, featuring its iconic non-slip sole.

● £60, sperrytopsider.co.uk



SOUNDING OUT

Durable and sleek with high-quality sound, the new Skullcandy Grind proves you don't need to spend a fortune to bag yourself some decent headphones.

● £39.99, skullcandy.com

Spring all year round...



Cartilage and bone health are important for long term wellbeing and an active life. If you are looking for a daily supplement to give you extra support from within, *Jointace*® has been specially formulated by Vitabiotics' experts to provide premium nutritional care. With a unique combination of nutrients, and vitamin C which contributes to normal collagen formation for the normal function of bone and cartilage.

Vitabiotics® Jointace®

nutritional support for an active life



also GEL or PATCH
for direct application.
Ideal alongside *Jointace*® Tabs or Caps.

Original

with Omega-3

Collagen

Max

Sport

Fizz

From Superdrug, supermarkets,
Lloydspharmacy, chemists, Holland & Barrett,
GNC, health stores & www.jointace.com

*Nielsen GB ScanTrack Total Coverage 52 w/e 31 Jan 2015.

**Britain's No.1
supplements***

**THE QUEEN'S AWARDS
FOR ENTERPRISE
INNOVATION
2013**

VITABIOTICS
SCIENCE OF HEALTHY LIVING



PUMP IT UP

If your motivation is waning, mixing up your workout music could be just the answer. Music has been proven to increase endurance by up to 15 per cent, so plug in your headphones and go!

● Ministry of Sound Running Trax Summer 2015, £37.50, amazon.co.uk



NEAT TRICK

These running leggings are wowing the WF office! They are built to mimic the Australian Thorny Devil lizard (bear with us) and transport sweat around your body to optimise the body's cooling process. Amazing, right? We're sold!

● X-Bionic Trick Running Pants, from £79.99, ardblairsports.com



RUN LIKE SIMBA

Lornah is the fashion-forward sportswear brand from multiple World Champion and women's rights campaigner Lornah 'Simba' Kiplagat. Each piece offers a hint of African culture, bringing the wild and free spirit of the plains to your run. We're in love with the Zena Full Zip Top, perfect for brightening up autumn runs. And check out the Lornah Kiplagat Foundation - a charity supporting education for Kenyan girls. Good cause for a sponsored run? We think so.

● Zena top, £75, lornahsports.co.uk

RUNNING NEWS

Shatter your PB with performance-boosting tips and high-tech kit

DIARY DATE

Run the river

Put the summer's training to the test at the Garmin Kingston Run Challenge on 11 October. Choose from 8 or 16 miles with views of the Thames and Hampton Court Palace. There's also a marathon option - it's one of the flattest 26.2-milers in the UK! Garmin watches are free to borrow, and pacing teams from seven- to 12-minute-milers will help you get that PB.

● Visit humanrace.co.uk for more details



KEEP YOUR COOL

Overheating during a run can put serious strain on your body. Minimise the damage with the new PWRCOOL range from Puma, designed to preserve energy by keeping the body at an optimum temperature. Choose from tees and tights, or go the extra mile with the Ignite PWRCOOL running shoe, as used in training by Usain Bolt.

● Shoes, £85, puma.com



COLOUR POP!

Summer cycles get a style upgrade thanks to the new Blok Range from Dhb. From classic jerseys to bib shorts, the new collection sports some seriously stylish designs in vibrant colours to inject some fun into your rides.

● From £7.50, wiggles.co.uk



DIARY DATE

Take in the night air on the British Heart Foundation's Manchester to Blackpool Night Ride on 26-27 September. It's a great chance to ride the city and countryside in one go!

● £30, bhf.org.uk

CYCLE SCENE

Get extra pedal power with our top cycling tips



Locked in

Don't want to carry your bike lock around in a cumbersome backpack? The super-strong and secure Hiplok Original bike lock sits comfortably around your waist when it's not keeping your wheels safe and sound.

● £64.99, halfords.com



GIRL ABOUT TOWN

If you're looking for a more casual set of wheels for darting around town, check out the Fuji Feather 2015 Singlespeed. The retro bike comes in turquoise, mint, apple or black – and in an XS for the shorties out there. Yay!

● £375, evanscycles.com

MEAL TICKET TO RIDE

Eat your way to endurance with Wiggle's resident cycle expert and Team Wiggle rider Ben Simmons' tips

1 BEFORE A RIDE,

eat a high-carb meal with slow-release sugars, such as porridge with a banana or a smoothie with a mixture of fruit and vegetables.

about two hours for your food to digest and have a snack about an hour beforehand.

2 FOR LONG EVENTS,

leave

3 AIM TO EAT ONE ENERGY

bar or gel every hour along with 500ml water during your longer rides.

actionforcharity



women V cancer **RIDE THE NIGHT**

SATURDAY 28 MAY 2016

Cycle 100km through London
at night and raise funds to
fight women's cancers.

For more information and to register online:

www.ridethenight.co.uk

01590 677854

events@actionforcharity.co.uk



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LIMITED**

**breast
cancer
care**

**Jo's cervical
cancer trust**

**ovarian
cancer action**

TO TAKE PART YOU NEED TO PAY A REGISTRATION FEE OF £39 AND RAISE MINIMUM SPONSORSHIP OF £199.

Registered Charity Nos: Breast Cancer Care: 1017658/ SC038104, Jo's Cervical Cancer Trust: 1133542/ SC041236, Ovarian Cancer Action: 1109743/ SC043478. Women V Cancer is established under the Charities Aid Foundation Charity No. 268369

**action
for charity**
lifechangingevents



Straight to the pain

If you suffer from sore or aching joints and muscles, try Movelat's awesome Pain Relief range. Whether you opt for the cream or gel, the formulas contain a unique combo of ingredients that soften the skin to specifically target the inflamed area. Which means fast, effective relief where you need it most – amazing!

● **Movelat Relief Cream, £7.99, boots.com**

BREATHE EASY

Whether you suffer from hayfever or are prone to colds, the Puressentiel Respiratory Air Spray will clear your sinuses and help you breathe freely. Spray into the air or into a handkerchief or tissue for inhalation – then feel it work its magic!

● **£9.99, boots.com**



HEALTH WRAP

Tasty trends and top buys from the world of wellbeing



WHAT SUPP?

Add these health and beauty boosters to your daily routine

FOR LUSCIOUS LOCKS

Promote your hair's growth and strength with Nourkrin Active 20+, and your locks will be forever happy.

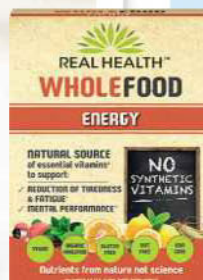
● **£29.99 for a month's supply, boots.com**



FOR EXTRA ENERGY

Opt for Real Health's Wholefood Energy Vitamin for a 100% natural dose of fruit, veg and herbs to combat tiredness and boost your brain.

● **From £13.99, realhealthwholefood.co.uk**



FOR EASING ACHES

Solgar Curcumin Full Spectrum is claimed to work 185 times more effectively and seven times faster than standard curcumin to ease muscle soreness. We'll have some of that, please!

● **£27.50 for 30 tablets, Wholefoods stores**



Free from difficulty

An estimated 10 million people in the UK are living with one or more food allergies or intolerances, according to recent research commissioned for Allergy Awareness Week. Over half of the participants surveyed said that advice was satisfactory, if not poor, and a third of sufferers said that they found it hard to shop. To browse Holland & Barrett's huge range of Free From products, or to filter by allergen or food category, visit hollandandbarrett.com.

Dr Nat



YOUR TEA

TINY TEA - NOURISH YOUR BODY FROM WITHIN WITH OUR ALL NATURAL HERBAL TEA DETOX.

DEVELOPED BY DR NAT KRINGOUDIS TCM USING HERBS AND TEA
THAT HAVE BEEN TRADITIONALLY USED TO:

- REDUCE BLOATING
- REDUCE CELLULITE
- ALLEVIATE INDIGESTION
- REDUCE EXCESS WEIGHT
- TACKLE PROBLEMATIC SKIN
- INCREASE ENERGY

AVAILABLE AT WWW.YOURTEA.COM

AS A 14 OR 28 DAY TEATOX (Gluten Free available).
SHIPPED WITHIN 24 BUSINESS HOURS USING ROYAL MAIL.

 @yourtea



Summer staple

Upgrade your tired flip flops with a pair of these sophisticated Havaiana Freedom sandals. The sole follows the curve of your feet for maximum comfort and the colour combos are so pretty!

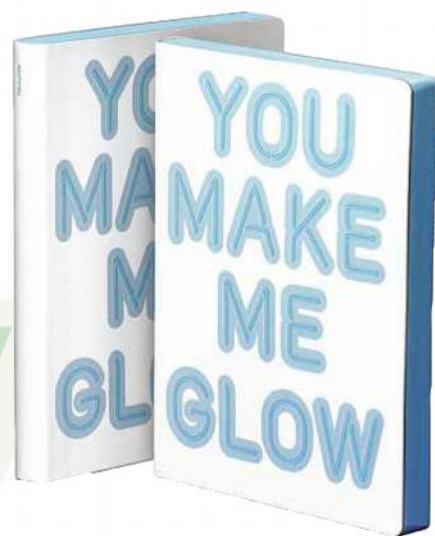
● £26, havaianas-store.com



Bright and bold

Bring some life to your stationery with the glow-in-the-dark Nuuna notebooks range. We're likely to have the cool accessory on us at all times now, but it can't hurt to leave it on the bookshelf in the dark either can it... just for the fun of it?

● From £19, stonegift.com



LOVE LIFE

Hot tips and tricks to boost your energy, style and cash flow

Smart screening

Is it a watch? A bracelet? A compact mirror on a strap? No, this elegant June by Netatmo accessory is a health gadget that measures your skin's exposure to the sun and sends protection recommendations to your smartphone so that you can take real care when it comes to your skin. Now you can stay one step ahead at all times!

● £118, uk.spacenk.com



WE LOVE



BEACH BABE

Here's an easy trick to avoid letting the post-holiday blues get you down: remind yourself of good times on the beach by sporting these awesome palm tree print socks from Stance. You'll feel like you're on your hols every time you get dressed!

● From £6.99 per pair, surfdome.com

SMALL BLESSINGS

It's the little things in life that keep us Brits happy. A Bupa study of 2,000 people found that popping bubble wrap and drinking freshly brewed tea featured among the top 50 things that make us feel good. Top of the list, at 62 per cent, was sleeping in a freshly made bed. We don't ask for much, do we?



WORDS: LISA NGUYEN, KATE HARRISON

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With a huge feed chute and high speed motor, The affordable L'Equip XL whizzes through the task of juicing apples



www.ukjuicers.com

My totally natural flapjack Totally mine!



Oats & protein, naturally

To add to our recently launched R-Bar Protein comes R-Bar Flapjack, a rolled oat based bar delivering over 18 g of carbohydrate and 18 g of protein derived from EU grass fed milk sources per 70 g bar. Made to the highest standards with rapeseed oil, glycerine and glucose fibre, this bar uses totally natural flavours and colours and is sweetened with stevia. **Crucially, it contains NO palm oil, soy protein, glucose syrup or GMO ingredients. It also contains no artificial colours, flavourings or sweeteners. Manufactured in an Informed-Sport registered facility.**

18g
PROTEIN

7g
FIBRE

2g
SUGAR

GO ECO :

ESSENTIALS



Girl's got sass

Treat your skin to a dose of vitamins and antioxidants with new organic brand Sasy n Savy. Choose from a selection of cleansers, moisturisers and oils made using the finest herbal ingredients sourced from Australian plants. Our fave is the Skin Firming Day Crème!

● £35.50 for 40ml, sasynsavy.co.uk

WE LOVE



DID YOU KNOW?

Distilled white vinegar, water and a hearty squeeze of lemon juice is the best way to get sparkling surfaces. Yep! It cuts through grime in seconds.

Get more tips from goodenergy.co.uk/national-trust

Clean machine

Clean up and stay green! Research from the eco energy company Good Energy revealed that less than half of us do that all-important once-a-year blitz of our homes! Need a little help? The National Trust and Good Energy have teamed up to create an old-school guide to cleaning, plus lots of convenient strategies to use less electricity and save money. It's a win-win!

WASTE NOT

We're terrible in Britain for wasting food. But Tastesmiths has created an amazing selection of no-wastage dinners, sides and marinades, containing just the right amount of fresh ingredients. Perfect for speedy no-waste dinners!

● From £2.75, tastesmiths.com



GREEN SCENE

Be stylish and sustainable with our planet-friendly tips

LIGHT IT UP!

Both gentle on the skin and the environment, Benecos Natural Beauty products are free from paraffins, synthetic colours and artificial fragrances. The subtle Natural Highlighting

Powder in Stardust is definitely worth a try. Its light-reflecting pigments beautifully enhance your cheek and brow bones. Gorgeous.

● £6.95, pravera.co.uk



WEAR IT WELL

Choose workout wear made the right way: Wellicious produces all its items using fair labour and organic materials that are super-soft against the skin. Yogis, Pilates-lovers and gym fans alike will love the latest collection, which screams energy with its vibrant orange, lime and pink tones. We've got our sights set on this colourful Insight Top.

● £75, wellicious.com



SLIM PICKINGS

Love a good steak? Next time, order it rare. The body has to work harder to break down the meat, meaning you'll burn a few more calories during digestion and feel fuller more quickly – so you can hold back a bit on the chips!



Blogs we love

WholeHeartedlyHealthy.com

This gorgeous everyday blog takes us through Laura Agar Wilson's personal journey to good health with a focus on mindset, food and exercise. It's a must-read – just like this delicious, healthy recipe.

HALLOUMI AND PEACH SALAD WITH BASIL AND WALNUTS

Serves 1

Prep time: 5 mins

Cook time: 10 mins

- ½ standard block of halloumi
- 1 peach
- 15g walnuts
- Handful of fresh basil leaves
- Mixed salad leaves
- Balsamic vinegar

- 1 Wash the mixed salad leaves and assemble in a bowl. Slice the halloumi and set a frying pan on a medium high heat. Slice the peach and set aside.
- 2 Crumble the walnuts into the pan and toast for a few minutes to release

the flavour. Set aside.

3 Place the sliced halloumi into the pan and fry for 2-3 minutes per side. The cheese should be dark brown in places and well toasted. Remove and sit them on a plate.

4 Turn off the heat and add the peaches to the pan. Give them a quick shake and flip them about so they are just caramelised.

5 Tear the cheese into bite-sized pieces and place on top of the leaves. Add the peach slices and the walnuts. Finely chop the basil and scatter on top along with a quick splash of balsamic vinegar. Enjoy!



FIT FOOD

Nourishing news and nutritional know-how

3 OF THE BEST SKIN-SAVING TEAS

These brews contain natural detoxifying plants which help support the liver, flush out toxins and provide an antioxidant boost for clear, healthy skin

Yogi Tea Detox with Lemon

BUY IT: £2.29, Whole Foods, Planet Organic, Holland & Barrett, Amazon and Ocado

Dr Stuart's Skin Purify

BUY IT: £2.29, drstuarts.com, Holland & Barrett and Whole Foods

Bloom Absolute Matcha

BUY IT: £16.99, bloomtea.co.uk, Planet Organic and Whole Foods



Q+A



MINT CONDITION

Q I'm training for a triathlon, but I don't want to use energy drinks. Is there anything else I can take?

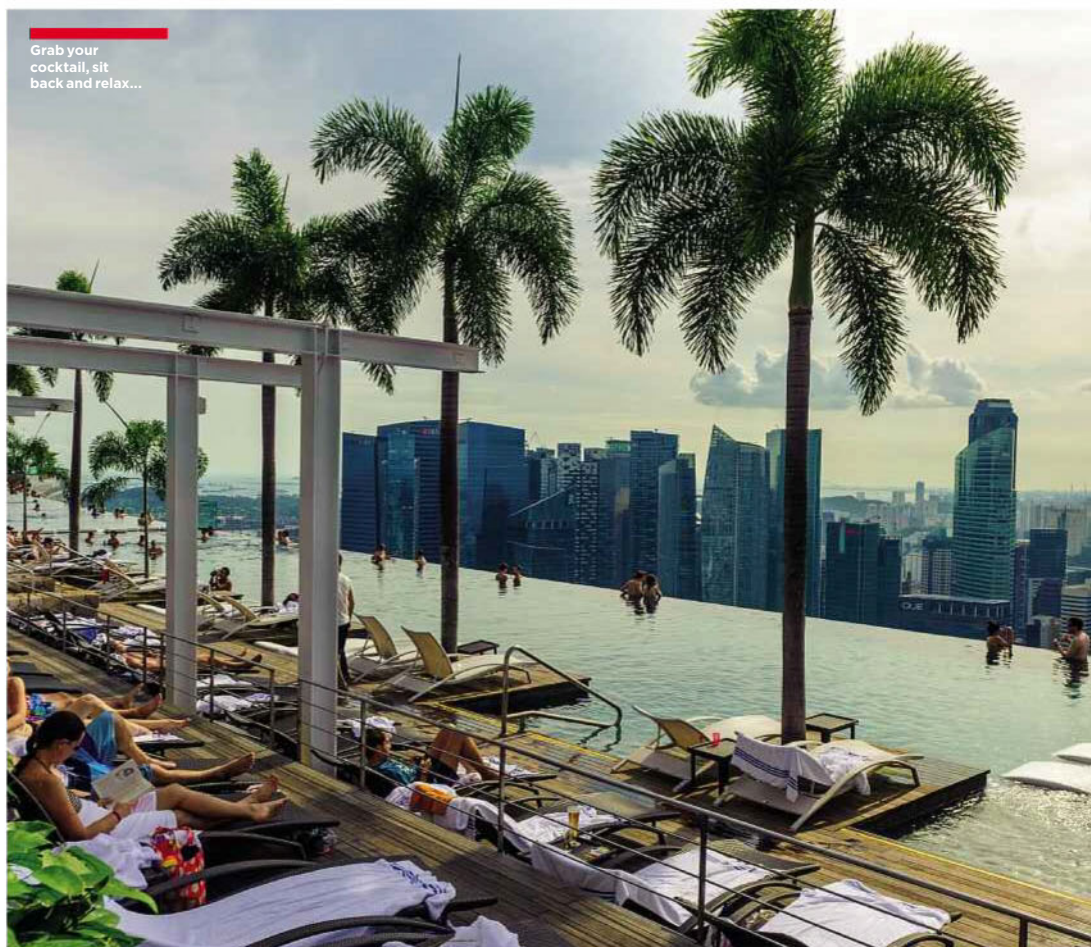
A Try adding 0.05ml peppermint oil to 500ml water: a study at University of Mohaghegh Ardabili in Iran found that this herb helps improve performance, as well as support healthy blood pressure and respiratory system.

THE POWER OF 3

Suffering from IBS or other digestive system troubles? Try increasing the omega-3 in your diet: this essential fatty acid has a powerful anti-inflammatory effect to help ease bowel irritation. Good sources include salmon, flaxseeds, walnuts and cauliflower.



Grab your cocktail, sit back and relax...



3 OF THE BEST EATERIES

Singaporeans know good food, so read on to find out where to tuck in

1 RAFFLES

The birthplace of the Singapore Sling cocktail is also home to some fine food. Halia restaurant has a beautiful outdoor section with a live band that sets the tone for the night.

● raffles.com/singapore

2 OPEN DOOR POLICY

Grab brunch and a cold-brew coffee (which all the cool kids are drinking) at kitsch kitchen ODP in the heart of Tiong Bahru – a real up-and-coming area.

● odpsingapore.com

3 STREET-FOOD

It might not be glam, but it's authentic, fuss-free and so delicious. Singapore is known for its Hawker food – a bit like a food court filled with dozens of delicious food stalls.

Singapore fling

Jet off for a love affair with sunshine, sport and sensational views in South-East Asia

STAYING IN

It's true that there are endless sights to see in sunny Singapore, but we won't blame you for kicking back for a night or two in the hotel to see off the jet lag. If you're going to do it though, make sure you pick accommodation that's sure to keep you entertained during your lazy days. Our top choice? Park Royal on Pickering (parkroyalhotels.com). Nestled between the financial district

and Chinatown – both lively areas with a nice buzz – this five-star eco-friendly hotel, with its captivating design, is a must-try. Here, lying low has never felt so good. Whether you're going for a swim in the open pool, hitting the gym or just chilling out in the roof gardens, it's never been easier to relax – especially with the amazing food on offer down at Lime. A visit to the spa wouldn't go amiss either!

WORKING OUT

On the flip side, if you're feeling full of beans, Singapore has plenty to keep you occupied. Singapore is an active nation, so it's no wonder the Sports Hub has such a buzz. Here you'll find the National Stadium, Singapore Indoor Stadium, Aquatics Centre and more, with a huge, impressive range of activities on offer, from fencing

to athletics, as well as boasting a climbing wall and even a skate park. The Singaporeans really do know how to keep fit!

The Indoor Stadium is home to the WTA Finals, and has seen the likes of female sporting legends Billie Jean King and Maria Sharapova ace their games. But with Wimbledon right on our doorsteps, why would we fly halfway across the world to watch tennis, you ask? Well, the WTA Finals is the only tournament of its type, celebrating the best of the best female tennis players worldwide. Whether you're catching the closing ceremony or watching Serena Williams fire off a 200km/h serve, the WTA Finals guarantees an inspirational week of world-class sport and an amazing atmosphere. If that won't get you hitting the Sports Hub the

next day, we don't know what will. This year's tournament kicks off on 25 October.

THE GREAT OUTDOORS

Rooftops are a dime a dozen in Singapore's sunny climate, but nothing beats the Marina Bay Sands hotel with its enviable view of the city. The iconic building is a key feature of Singapore's skyline and a cocktail by the infinity pool on the 340m long SkyPark (the Marina Bay's rooftop) is a must.

And if that isn't enough of a fresh-air feel to satisfy you, then get in tune with nature at the Gardens by the Bay. The flowers, forest and horticulture are stunning and since its creation just three years ago, the park has become one of Singapore's most popular attractions. Singapore, we'll be back for more! 🌿



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**A unique formula for
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Always read the label

EXERCISE

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42 Get happy, get sweaty // 46 We love short shorts! // 50 Fit kit // 51 Quick fix

REDUCE YOUR RISK OF DIABETES BY WORKING OUT WHEN PREGNANT

Keen to have a smooth pregnancy? Go ahead and pump those legs because exercising can help prevent gestational diabetes and weight gain. A recent study published in *BJOG: An International Journal of Obstetrics and Gynaecology* found that women who exercised throughout their pregnancy reduced their risk of suffering from diabetes by 36% and, on average, were a kilogram lighter. But before you reach for the dumbbells, *moderate exercise** is best and indicates positive effects on health for both mother and baby. Better get those trainers on and get moving!



DO IT YOURSELF

You don't actually need any kit to replicate this workout, which is pretty handy – although the atmosphere might be hard to recreate! If you want to give it a go at the gym or at home, try this: perform a few minutes of sprint intervals followed by three sets of an upper body superset such as press-ups and pull-ups, then a few minutes of hill-run intervals followed by three sets of lower body supersets such as squat jumps and lunges. Repeat as many times as you can manage, mixing up the intervals and exercise variations.

CLASS ON TRIAL

1Rebel Reshape

Want to break down your mental barriers and push yourself to the limit? Become a Rebel!

→ WHAT IS IT?

Before all the non-runners out there flip the page, hear us out: 1Rebel's Reshape class *does* involve *some* running, but it's actually the perfect class for the haters. Intense sprints on the treadmills (which, by the way, are amazingly hi-tech) are interspersed with resistance work at your own personal work bench, complete with a range of weights, bands and medicine balls. So by the time you've reached your max on the bench, you're practically begging for a go on the treadmill just to get away from those bunny hops, press-ups and dips. And the sprints and climbs on the treadmill are so varied the time practically flies by. Throw in an energising soundtrack and it just might convert you into a full-on runner. Maybe.

→ WHAT ARE THE BENEFITS?

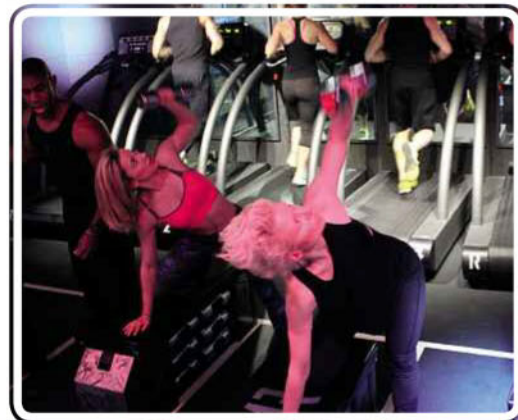
Combining cardio and resistance into one class is a concept that's been growing in popularity for a while, and this class is a great example of why it works so well: in just 45 minutes you will hit your max in terms of muscular endurance, fitness and strength. Those who hate long runs will rejoice, because you get your cardio hit in short and sweet bursts. And those who are

'Rest? Forget it. Rest from the running is resistance work, and rest from resistance work is running'

guilty of neglecting the weights get their fix, too. No two classes are the same, so your body is constantly challenged, forcing you to really dig deep.

→ HOW HARD IS IT?

There's not much coasting going on in this class. Rest? Forget about it. Rest from the running is resistance work, and rest from resistance work is running – so bringing your game face is a must. Each class focuses on either lower body, upper body or full body, but to be honest, it doesn't matter which class you attend, they're all as tough as each other – and the instructors are amazing at getting you to push harder, regardless of your strengths and weaknesses. You're going to be out of breath and sweaty, and you're going to ache afterwards – but you're guaranteed to have fun.



→ WHERE IS IT?

The 1Rebel studio is in London and classes are £20 each, with a £10 introductory offer. Visit 1rebel.co.uk for more info.



→ AMANDA'S VERDICT

This high-end studio is an awesome place to get your sweat on. The workout is all about working hard while enjoying yourself, which is exactly what fitness should be about. I loved the energy, the music and the finer details of the studio – like the chilled towels post-workout. So 1Rebel gets a big thumbs up from us all round. See you there?! 🍷



www.aquasphereswim.com/uk

Cindy RRP £29.99 • MP K180 Mirrored Goggle RRP £26.99
Other colours available



EXERCISE : FAST AND FURIOUS

*'The world
may not have
heard of
METcore just
yet, but it will'*



HOW TO DO IT

Perform one
move after
the other in a
circuit-style
format for the
allotted reps.

Burn it faster!

Torch unwanted fat and tone up in one simple, hard-hitting and metabolism-boosting workout

The world may not have heard of METcore just yet, but it will.

The metabolic conditioning workout, which throws in an element of Pilates, is a must for those who are looking to shift fat and get lean while sculpting muscle.

It's hard work and requires discipline, but these types of workouts have been increasing in popularity for a reason. 'Metabolic conditioning is exceptionally effective for weight loss,' explains Form Studios founder Elissa El Hadj (formstudios.co.uk). 'It creates a bigger

metabolic boost by activating more muscle fibres, in turn helping you burn the fat *and* keep it off.'

This METcore workout from Elissa is designed to speed up metabolism and burn fat, but the catch is that you have to work at a seriously intense pace. The payoff? Dramatic fat loss: 'These exercises stimulate a variety of muscles and force you to expend as much energy as possible, accelerating fat loss while retaining muscle definition,' says Elissa. 'It also boosts your metabolism by elevating your heart rate while working

multiple muscle groups simultaneously.' But METcore's USP is its inclusion of plyometrics and Pilates exercises, which differs slightly from the usual high-intensity workouts, and keeps things interesting. 'It's an all-encompassing, time-efficient and results-driven workout,' she adds. 'Pilates training is paramount for improving core strength, alignment and posture, which in turn prevents injuries.'

So, keep it controlled, focus on good form and you will benefit from a tight and toned figure, a strong core and a healthy, aligned body.





GET THE LOOK

CLOTHING: Moving Comfort bra £35, brooksrnning.com/uk; Asics capris, £35, asics.co.uk; adidas Springblade Drive 2.0 trainers, £130, adidas.co.uk
KIT: Mat, physicalcompany.co.uk

STANDING CRUNCH AND SQUAT

Areas trained: **SIDES, STOMACH, BOTTOM, QUADS, CORE**

Technique

- With your feet shoulder-width apart and hands placed gently behind your head with your elbows wide, twist your torso to the left while lifting your left knee as high as possible, touching your right elbow to your left knee.
- Return to the centre, then drop into a deep squat position.
- Repeat on the other side, raising your right knee and rotating your left elbow toward the right knee.
- Return to the centre and back into a deep squat position.

DO: 20 REPS PER SIDE



SAFETY TIP

Keep shoulders back and chest up throughout

DUMBBELL SINGLE-LEG DEADLIFT

Areas trained: **HAMSTRINGS, BOTTOM, LOWER BACK, CORE**

Technique

- Holding a dumbbell in your right hand with your arm straight, raise your right leg a little way off the floor behind you. Make a straight line from the crown of your head to your heel.
- Once you have your balance, tip forward to reach the dumbbell toward your left foot while allowing your right leg to lift behind you like a pendulum.
- Keeping your weight in your heel, push back up to the starting position using your hamstrings. Perform these movements in a very slow and controlled manner.

DO: 10 REPS PER SIDE



SAFETY TIP

Keep a slight bend in the knee of your standing leg throughout

! SAFETY TIP
Keep your torso upright and gaze forward throughout

SUMO SQUAT MINI JUMP

Areas trained: **BOTTOM, THIGHS, CORE**

Technique

- Stand with your feet very wide (sumo stance) and turned out. Hold either a kettlebell or dumbbells in front of your chest.
- Perform mini jumps, staying low the entire time. Remain in the deep squat while jumping.

DO: 25 REPS



'These exercises accelerate fat loss while retaining muscle definition'

WEIGHTED JUMP LUNGE

Areas trained: **BOTTOM, QUADS, CORE**

Technique

- Take a large step forward with your left foot in front and hold a dumbbell or medicine ball at the outside of your right hip.
- Bend both knees and lunge deeply.
- Quickly extend your legs, jumping in the air and switching legs so you land with your right leg in front.
- At the same time bring the ball round to your left hip. Land in a deep lunge.

DO: 20 REPS



! SAFETY TIP
Don't let your front knee move past your toes when in the lunge

EXERCISE : FAST AND FURIOUS

KNEELING HINGE BACK WITH MEDICINE BALL

Areas trained: **QUADS, BOTTOM, LOWER BACK, CORE**

Technique

- Kneel down with your knees at a 90-degree angle, your hips aligned above your knees. Hold a medicine ball with your arms extended straight out in front.
- Lean back, keeping your head and torso in line with your thighs. Engage your glutes and hold for three seconds before returning to a vertical position using your core and quads

DO: 15 REPS



MOUNTAIN SLIDER

Areas trained: **STOMACH, SIDES, SHOULDERS, THIGHS, BOTTOM**

Technique

- Position a towel underneath each foot.
- Get into a plank position – place your hands directly under your shoulders and create a straight line from heels to shoulders.
- Bring one knee towards your chest. Switch this for your other knee. Alternate knees continuously. Start with an even pace and gradually increase the pace until you are breathless.

**DO: 15 REPS
PER SIDE**



CORE PIKE

Areas trained: **STOMACH, CHEST, SHOULDERS, SIDES, BOTTOM**

Technique

- Start in a plank position on the floor with your feet on a towel, both hands under your shoulders and with your body in a straight line.
- Keeping your legs straight, raise your hips upwards and slide your feet towards your hands; this will bring you into a pike position, with your tailbone pointing to the ceiling.
- Slowly extend back to plank position.

DO: 15 REPS

SAFETY TIP
Focus on controlled motions rather than pace

'It's an all-encompassing, time-efficient and results-driven workout'



RUSSIAN TWIST BICYCLES

Areas trained: **STOMACH, SIDES, QUADS**

Technique

- Sit on the floor and lean back so that your torso is at a 45-degree angle. Lift your feet off the ground.
- Holding a medicine ball or dumbbell, extend your arms straight out in front of you. Bring your left knee to your chest and extend your right leg while twisting your torso as far left as you can.
- Repeat on the other side.

SAFETY TIP
Don't hunch your shoulders as you twist



DO: 10 REPS PER SIDE

SONY



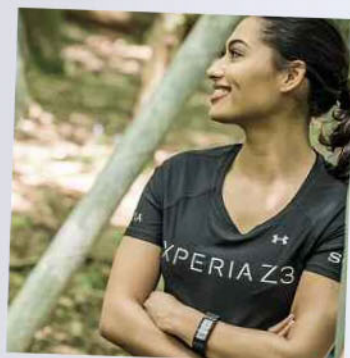
THE DREAM TEAM!

Team Sony are just a month away from competing in this year's Tough Mudder, we found out how they're getting on...

It's nearly here – the day Team Sony have been training for.

Our very own Amanda is taking on this year's Tough Mudder Yorkshire with The Saturdays' singer Vanessa

White, broadcaster and writer Rick Edwards and our friend Joel Snape (Men's Fitness' Acting Editor). To say they're excited is an understatement – throw in





'terrified, apprehensive and nervous as hell' and you're closer to the feeling in the Team Sony camp with just four weeks to go!

The Team has been sticking to a rigorous tech-inspired training programme devised by top PT and owner of Reach Fitness London (R4Reach.com) Richard Tidmarsh using Sony's latest smartwear devices - SmartWatch 3 and SmartBand Talk - along with the Xperia™ Z3 smartphone. From woodland bootcamps to hitting the gym, Team Sony have had a busy month training and prepping for their upcoming Tough Mudder.

Here's how the girls from Team Sony are getting on...

AMANDA KHOUV WF Fitness Editor

@womensfitnessuk

'The bootcamp shoot we did at the Wild Forest Gym in Brentwood was really exciting, but also made me realise just how much work I needed to do before August. So, I enlisted the help of personal trainer and owner of Ignite PT, Giacomo Farci. Giacomo really helped me to focus on correcting my body to be able to run the race as efficiently as possible. Focusing on my underactive glutes and instability in my ankles will really help me to channel my energy to the right muscle groups.

'Another thing that's really improving is my sleep, and that's down to a great function I've

discovered on the Sony SmartBand Talk that allows you to set an alarm within a time frame rather than a specific minute. Instead of shocking your body awake with a piercing sound, the wristband gently vibrates at the point within that time period that you're in the lightest sleep. This means you wake up gently and don't experience the grogginess you would if you were woken up from a heavy sleep. This has really boosted my morning workouts, making me feel fresher and generally more "up for it" first thing. I still wouldn't call myself an early riser, but it's something!

VANESSA WHITE Singer

@vanessawhite

'As well as working on my cardio using the Sony SmartBand Talk, I've been trying to prepare myself for some of the Tough Mudder obstacles in the gym. I don't mind climbing things - I should be fine going over walls and ramps - but the monkey bars are a bit of an issue at the moment. There's a set of them at my gym, which is handy, but I find them fairly difficult because I've got quite small hands and my grip's not the best. To help counteract this I've been building up how far I can swing across them, and doing specific exercises to improve my grip strength, such as pull-ups where I pull myself up to the bar and then lower myself down as slowly as possible. Like the running, I've had to really work on my grip on and it's been difficult, but I'm getting there slowly but surely, and I'm hopeful that by the time the event comes around I'll be able to give it my all.'

● See Team Sony in action, at mensfitness.co.uk/fitness-technology

'MY SLEEP IS IMPROVING AND THAT'S DOWN TO A GREAT FUNCTION I'VE DISCOVERED ON THE SONY SMARTBAND TALK'

Q&A WITH RICHARD TIDMARSH

What are the best exercises to do to train for Tough Mudder?

You need to have the endurance in your legs to get around the course, so your training should include squats and Bulgarian lunges alongside core work to help you remain injury free in the build up to the race. You will also need strength and power to haul your body over, across and through obstacles, so you will need to include deadlifts, chin-ups and dumbbell push-presses in your workouts.

What should the team eat in prep for the big day?

Tough Mudder is an endurance event, so nutrition is key. You need energy from carbs, such as sweet potato and brown rice, and protein from chicken and tuna. Stay hydrated in training and before the race and take jelly beans in your pocket for mid-race energy.

● Sony SmartBand Talk, from £129.99, carphonewarehouse.com/smartbandtalk

● Xperia Z3+, free at £40pm, carphonewarehouse.com/news/coming-soon/sony-xperia-z3-plus



Are you doing too much?

Don't let your good intentions get the better of you – over-exercising could do you more harm than good

So, you eat well, you watch your sugar intake, drink alcohol only moderately and don't go near cigarettes.

You even make sure you hit the gym regularly, with a weekly yoga class thrown in for good measure. You're soaking up that sunshine whenever you can and drink eight glasses of water a day without fail. But despite all this, you're just not quite the picture of health you thought you'd be. Rather than feeling full of beans, you're constantly getting ill, lacking energy at the best of times and always nursing some kind of niggles.

If this sounds like you, it might be time to reassess your approach to good health. 'While some symptoms may appear to be directly related to excessive exercise, other physiological symptoms can be a result of your protein levels, hormones and mood states,' says Liam Mahoney, sports nutritionist at NutriCentre.com. The good news is that there are telltale signs that you're over-training. 'Feeling lethargic throughout the day and not being able to sleep properly at night are both things to look out for,' says personal trainer and strength coach Dan Lawrence (danlawrencetraining.com). 'Other signs are if you're not meeting your goals at the rate you feel your training warrants, and if your muscles are not fully recovering from previous sessions – for instance, you have aches that last longer than usual.'

SICK OF FEELING SICK?

First of all, there's no point in exercising your way to good health if you're constantly

showing signs of poor health. Your immune system is incredibly complex; if you're not looking after your body, you could be compromising its efficacy. 'When we take part in aerobic exercise such as running, cycling or swimming, this positively affects our natural immune function and resistance to stress, explains Liam. 'A prolonged period of exhaustive exercise, however, severely impairs the body's first line of defence against infection.'

Sounds kind of counter-productive, right? Worse still, a lack of rest only makes the situation worse – so not only should you keep your sessions to a reasonable length, but you'd better be scheduling in those complete rest days, too. Less is more. If your body is feeling exhausted and your session is feeling tougher than normal (this is where it helps to really listen to your body), take it easy. As well as seeing faster results, you'll be seeing fewer sniffles, too.

PILLOW TALK

Ever pass out as soon as your head hits the pillow after a tough sesh at the gym? It's an amazing feeling, and exercise can certainly boost sleep quality thanks to the production of hormones that help to regulate your ZZZs, according to Liam. But if you overdo it, it could swing the other way, causing exercise to have a negative effect on your sleep.

And of course, this causes a vicious circle: a lack of restful sleep means your body doesn't get the necessary rest and recovery to keep going at the rate you'd otherwise be capable of. 'If you start waking up in the middle


of the night or tossing and turning, it may be a sign that you're overtraining, particularly if this is a common theme each night,' says Liam. 'The increase of certain hormones that raise heart rate and blood pressure during exercise also stimulate energy breakdown and inhibit immune function,' he adds. 'With sufficient recovery, the levels of these hormones will return to resting levels, but lack of recovery can lead to chronically elevated levels of these hormones.'

Unfortunately, this also means that the aforementioned raised heart rate and blood pressure stick around, too – not good if you're trying to wind down for bedtime. So remember: decent rest leads to decent sleep. If you work hard, rest hard.

FERTILE GROUND

Disrupted sleep and a suboptimal immune system aren't the only ways over-exercising can compromise your health. Your good-intentions-gone-wrong can also affect conception. While this might not be at the forefront of your mind right now, it could be eventually, and your decisions now will have a huge effect on your future.

'The body needs to have an environment whereby the possibilities can flourish,' Liam explains. 'Research highlights that more than an hour of vigorous exercise a day may lead to a decrease in the production of the hormones that stimulate ovary function.' This means that your ovaries become underactive – bad news for making babies.



*'Feeling
lethargic and
not being
able to sleep
are both things
to look out for'*

DON'T BREAK A LEG

Pushing through aches and pains doesn't make you tough, and it certainly doesn't get you where you want to be. In fact, it's common in over-exercisers, and only makes you even more susceptible to further injuries.

No fun, especially if you want to perform at your best. 'By over-exercising you prevent the body's tissues from recovering, causing them to become progressively weaker and eventually resulting in so much damage that it stops you from being able to exercise at all,' reveals Lucy Macdonald, chartered physiotherapist at Octopus Clinic (octopusclinic.com). But it isn't always so gradual, and while many of us who've suffered serious injuries while exercising would put it down as an accident, it's also something that can result from periods of over-exercising.

'The associated reduction in performance can also encourage bad technique and alignment, resulting in further strain,' adds



→ Lucy. 'Poor performance increases your chances of falling, sudden uncontrolled movement or incorrect movements, which can all cause tears to soft tissues, joint structures or even fractures and breaks in bones.' The point is simple: exercising past your optimum level will leave you tired, unfocused and weak – not a good place to be if you want to stay on top of your game and injury-free.

PLAN TO REST

Minimising the risk of over-training doesn't mean coasting at the gym. You can still hit those sessions hard – in fact, when you go for it, you should really go for it – but preparation is key. 'Always factor in recovery time,' Dan advises. It's very important as this is the time that the body adapts to the stress and demands of exercise – basically when the real training effect takes place.' Muscle repair is paramount if you want to burn fat and tone up. Why? Because your muscles grow *after* your workouts, not during, and they need to repair before they can grow.

'Having a rest day will allow your muscles to fully replenish before you go and attack your next session. Rest is vital to your results!' Dan adds. Further to this, the levels of stress hormone rise when you're over-training. This will leave you feeling rubbish – and it makes your fat-burning potential rubbish too. 'As well as a decreased level of testosterone, over-training increases cortisol levels – both will hamper lean muscle-building potential, which means that your resting metabolic rate will be lower. Bad news for fat burn.'

GET SMART

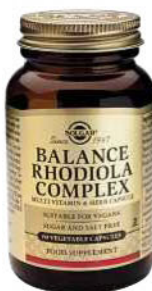
There's no specific rule as to how often you should exercise per week, since our bodies, lifestyles and goals all vary so much. 'A general rule of thumb would be to train four times a week, and this should be enough to progress towards your individual goals,' says Dan. 'If you have a day job where you're on your feet for eight hours a day, then I wouldn't

advise training more than this – your results may well diminish.'

Be smart with your training and put together a programme that really works. 'Structure your workouts properly, so you aren't massively overloading the same muscles on consecutive days or overloading your central nervous system with heavy compound lifts every day,' Dan suggests. Some people like to follow split routines – like lower body workouts on certain days and upper body and core on others, allowing one to recover while the other gets worked. Alternatively, you could also alternate cardio sessions with weight sessions. There are loads of ways you can make it work, but hammering out a full-body HIIT session every time you work out just isn't one of them.

There's also good reason why world-class athletes – who train at a much higher volume than most of us – pay such close attention to their rest and recovery as well as their training. 'This is because when you exercise you put strain through your cardiovascular, musculoskeletal and nervous systems,' explains Lucy. While we do so on a much lower scale than that of professional athletes, we'd do well to take a leaf out of their training diary.

As well as ensuring you take enough days off from the gym, listen to your body and react accordingly, and get enough sleep each night, it's also important to pay attention to any changes that could be warning signs for potential injuries or progressive weaknesses in the body. If you're unsure, a physio can help to determine the best ways for you to exercise based on your anatomy and biomechanics. 'This includes training intensity, time and frequency as well as how best to work recovery and rest into your schedule,' adds Lucy. 'A physio will assess the best programme for you tailored to where you are, where you want to be and how realistically you can build it into your lifestyle, as well as advice on breathing, stretching, warming up, cooling down, cross-training and nutrition.'



RECOVERY SUPPLEMENTS

Take one of these post-workout for an extra energy boost

1 QUEST VITAMINS L-GLUTAMINE

Burnt yourself out at the gym? Restore energy levels with L-glutamine and rest up. ● £5.99, revital.co.uk

2 SOLGAR BALANCE RHODIOLA COMPLEX

Keep burnout at bay with this stress-relieving herbal supplement. ● £14.49, nutracentre.com

3 NATURE'S PLUS SPIRU-TEIN PURETRITON

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3 WAYS TO STAY STRONG

Ross Edgley from theproteinworks.com gives us his top tips for preventing over-training problems


1 GO EASY

If you train too hard, the cells in your immune system can no longer function effectively, making you susceptible to disease. Try not to cross that line between stimulation and annihilation!

2 FUEL SMART

Eating carbohydrates before and after workouts has been shown to improve the efficiency of your immune system, so beware of low-carb diets if you're prone to overtraining.

3 SHUT-EYE

Sleep is free and the best way to boost your immunity. It's during this key period that your body recovers: rejuvenating hormones naturally peak during sleep and critical neurotransmitters of the brain are replenished to keep you motivated. 

POOR ★★☆☆☆ GOOD ★★☆☆☆ VERY GOOD ★★☆☆☆ EXCELLENT ★★☆☆☆ OUTSTANDING ★★☆☆☆

VIVA LA VITA

Free on iTunes app store

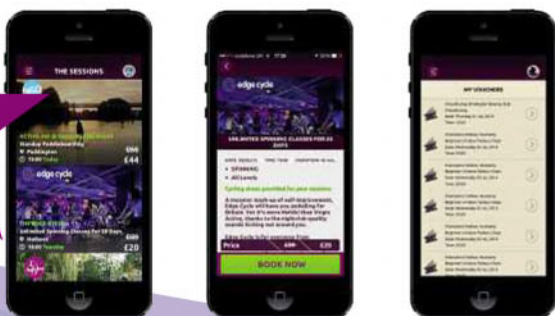
This is the app for the adventurous, the open-minded and the up for anything! Viva la Vita is an iOS app that handpicks the more interesting fitness-based activities and classes in London

for you to book into at the tap of a button. It then saves your booked classes into the app and you simply show this when you arrive at your session. Pretty nifty! The best thing is, Viva la Vita doesn't do your average run of the mill aerobics classes – expect to find trampolining,

bulldog fitness, parkour, zorbing, aerial yoga and stand-up paddling on your to-do list. What's more, the app is completely free. Fitness has never been more fun or more accessible. Get booking today!

STAR RATING:

★★★★★
Kate Harrison




Jump for joy

Did you know that a 30-minute sesh on a trampoline can burn up to 500 cals? Grab your gym buds and get jumping for a different kind of high!

● To book a slot at indoor trampoline park Air Space, visit air-space.co.uk




SUGAR CRUSH



How to Reduce Inflammation, Reverse Nerve Damage, and Reclaim Good Health

DR. RICHARD P. JACOBY AND RAQUEL BALDELOMAR

SUGAR CRUSH

by Richard P. Jacoby and Raquel Baldelomar

£16.99,

amazon.co.uk

I love sugary food, in fact I always look forward to my dessert more than the main meal... which seriously needs to change! With this in mind, I thought *Sugar Crush* would be an interesting read that could hopefully help me limit my sugar obsession. But it wasn't the diet book I was expecting, instead it was a serious eye-opener about the health risks posed by an overload of sugar. Highlighting even the most unlikely symptoms, it teaches you to spot if you're going overboard, control your intake and understand the damage it causes. It's a pretty intense read, but it's definitely made me rethink the amount of sugar I'll be eating from now on!

STAR RATING:

★★★★★

Katherine Ducie

Reviews

All the latest releases tried and tested for you by team WF

READER REVIEW

TICKR X WORKOUT TRACKER BY WAHOO FITNESS

£79.99, uk.

wahoofitness.com

After a few teething problems with connection, I popped on this amazingly comfortable pebble shaped heart rate monitor and did a bit of a jog on the spot.... Once working, the Tickr X is a superb bit of kit. I used it with my Garmin watch running outside and with my iPhone on the treadmill

setting. It provided accurate and useful information on distance, speed, time and calories burnt among many other things. Already a huge fan of HIIT training, the 7 Minute Workout app (which you can pair the Tickr X with) totally rocks for me. I pop it on at the end of my run – it's a great way to help build strength for my running. The Double Tap feature on the Tickr X, which allows you to change music on your phone, or stop and start the workout (among other options) didn't always work, but the fact that you can remotely stop and start your workout

and still collect data is brilliant especially on days when you just want to run device free! I have also synced it with MyFitnessPal, which worked well.

STAR RATING:

★★★★★

Samantha Cox
activepotentialtherapy.com
Wiltshire



SWEAT THE BIG STUFF

News just in: sweat makes you happy! For this workout, you'll need a sweat-wicking T-shirt and your widest smile

We're already clued up about the benefits of the awesome endorphins produced during exercise: those happy hormones that give us that 'high as a kite' feeling after a workout.

But new research takes this a step further, showing that exercise could also be the way to spread positivity to others, too. Psychological scientists at Utrecht University in the Netherlands found that chemical compounds produced in our sweat when we're experiencing happiness can communicate positive emotions to others with just a whiff. Simply put: have a happy session, sweat loads and *everyone* wins.

So, if you're up for making the world a happier place, it's time to get sweaty with us using this gruelling circuit! Ready, set, sweat!



HOW TO DO IT

Perform as many reps as possible of each move for the allotted time for your level. After a full circuit, rest for a minute then go back to the start and repeat for the next set.

Beginner:
2 x 30 seconds

Intermediate:
3 x 45 seconds

Advanced:
3 x 1 minute



TREADMILLS

Areas trained: **CORE, HIPS**

Technique

- Start in a plank position with your hands directly under your shoulders.
- Bring one knee to your chest then immediately switch to bring your other knee to your chest.
- Repeat fluidly.



SAFETY TIP
Keep your body in a straight line throughout

SPIDERMAN PRESS-UP

Areas trained: **CHEST, TRICEPS, CORE, SIDES**

Technique

- Start in a plank position on your hands.
- Bend your arms to lower your chest to the floor while bringing your right knee up to meet your right elbow.
- Push back up to the start and repeat, alternating sides with each rep.

SAFETY TIP
If your hips sag, perform this with your hands on a bench instead



BOX JUMP

Areas trained: **BOTTOM, THIGHS, CORE**

Technique

- Stand with a box or deck in front of you.
 - Jump up onto the box and land softly.
- Stand up straight.
● Jump or step back to the start and repeat the exercise.

HOT TIP
Perform each jump from a squat position to increase the challenge



EXERCISE : HAPPY DAYS

CHEST-TO-FLOOR BURPEE

Areas trained: **LEGS, TRICEPS, CORE**

Technique

- Crouch down to place your hands on the floor.
- Jump your feet back to bring your body into a plank, then lower your chest until your body is on the floor.
- Lift your arms and feet off the floor briefly.
- Place your hands under your shoulders and push back into a plank position.
- Jump back to the start.
- Jump up as high as you can, then land softly and go straight into another rep.



SAFETY TIP

Always bend your knees as you land from the jump



CLEAN AND PRESS

Areas trained: **BOTTOM, THIGHS, CORE, BACK, SHOULDERS, TRICEPS, BICEPS**

Technique

- Holding a barbell in front of your thighs, bend your legs to create momentum, then row the barbell up towards your chin.
- Rotate your grip to drop your elbows under the barbell.
- Push the barbell up to the ceiling.
- Lower to reverse the movement and repeat.

SAFETY TIP
Don't let your lower back over arch



Areas trained: **BOTTOM, THIGHS, BACK**

Technique

- Standing with a kettlebell on the floor in front of you, bend at your hips and knees to take hold of it by the handle.
- Jump off the floor explosively.

- Land softly, then bend at your hips and knees again, lowering the kettlebell back toward the floor before going straight into another rep of the move.



Areas trained: **BOTTOM, LEGS**

Technique

- Bend at your hips and knees to squat down.
- Jump up and as far in front of you as you can, landing in another squat. Repeat.



Areas trained: **CORE, BICEPS, UPPER BACK**

Technique

- Start in a straight-arm plank position with a dumbbell in each hand.
- Keeping your hips square and without shifting

your weight to
one side, row
one dumbbell
up to your side.

- Lower back to the start and repeat on the opposite arm for the next rep.



Start at the **BOTTOM**

Get a great bum for this summer's short shorts with this simple workout

There aren't many months of the year we can get our summer shorts out.

So, when we do get the chance to show off the result of all those squats, we want to look awesome!

Whether you're switching from leggings to shorts in the gym or digging out those denim cut-offs, working your glutes is sure to get your behind looking its best. Plus, the high intensity and challenging weights in this workout will blast fat, too.

HOW TO DO IT

Perform the allotted reps of the first four moves (Phase 1) in a circuit, then take a minute's rest and repeat for the given number of sets. Then do the same for the final

four moves (Phase 2). Use the heaviest weights you can manage while maintaining good form.

Beginner:
4 x 5 reps

Intermediate:
4 x 10 reps

Advanced:
5 x 10 reps



PHASE 1

WEIGHTED GLUTE BRIDGE

Areas trained: **BOTTOM, HAMSTRINGS, CORE**

Technique

- Rest a barbell on your hips and sit with your back against a bench with your legs bent and your feet close to your bottom.
- Raise your hips as high as you can, keeping the barbell steady.
- Lower and repeat.



BARBELL SQUAT

Areas trained: **BOTTOM, THIGHS**

Technique

- Holding a barbell that's resting on your upper back, bend at your knees and hips to lower your bottom out behind you.
- Push up through your heels back to the start and repeat.

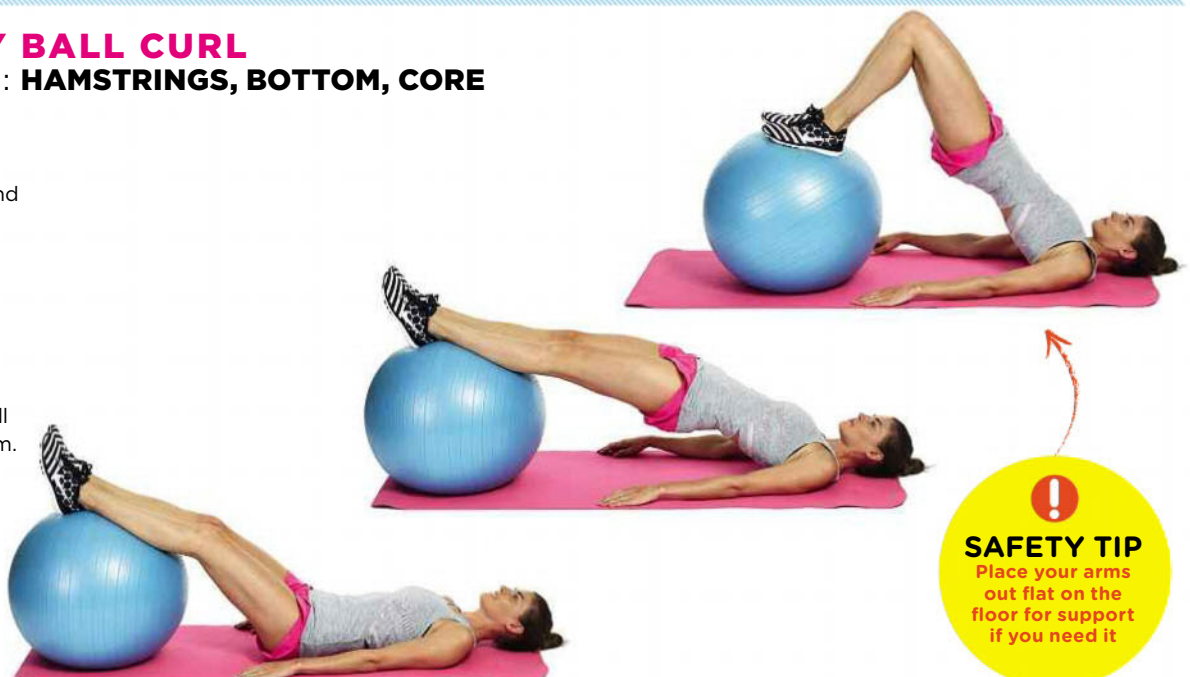


STABILITY BALL CURL

Areas trained: **HAMSTRINGS, BOTTOM, CORE**

Technique

- Lie with your feet on a stability ball and your legs straight.
- Lift your hips toward the ceiling to create a straight line from your feet to your neck.
- Bend your legs to pull the stability ball toward your bottom.
- Reverse the movement and repeat.



EXERCISE : BOTTOM LINE

SINGLE-LEG GLUTE BRIDGE

Areas trained: **BOTTOM, HAMSTRINGS, CORE**

Technique

- Lie on the floor with one leg bent and your foot close to your bottom. Extend the other leg up to the ceiling.
- Raise your hips up as high as you can, keeping the extended leg moving toward the ceiling.
- Lower and repeat. Perform the allotted reps on one side before switching to the other side to complete one set.



PHASE 2

KETTLEBELL SWING

Areas trained: **BOTTOM, THIGHS, CORE, BACK**

Technique

- Holding a kettlebell in both hands, bend at your hips and knees to squat down, taking the kettlebell between your legs.
- Explosively extend your body and drive the kettlebell toward the ceiling, keeping it close to your body throughout.
- Switch sides to complete the rep.



SPLIT SQUAT

Areas trained: **THIGHS, BOTTOM, CORE**

Technique

- Holding a dumbbell in each hand, stand with one foot a large step in front of the other.
- Bend your legs to lower yourself toward the ground until your back knee is just above the floor. Both knees should be at roughly 90 degrees.
- Push back up to the start and repeat. Do the allotted number of reps on each side to complete the set.



GET THE LOOK

CLOTHING: Lorna Jane tank top, £42, houseof fraser.co.uk; Nike shorts, £25, nikestore.com; Nike Free TR 5 Print trainers, £95, nikestore.com
KIT: Kettlebell, gorillasports.co.uk; Stability ball and deck, both reebokfitness.info; Mat, dumbbells and barbell, all physicalcompany.co.uk

STEP-UP

Areas trained: **BOTTOM, QUADS, CORE**

Technique

- Holding a dumbbell in each hand, stand with one foot on a step or bench in front of you.
- Drive up to extend your front leg and transfer your weight onto it.
- Lower and repeat. Perform the allotted reps on each side to complete a set.



SAFETY TIP
 Keep your torso upright throughout and squeeze the bottom as you go up

BENCH BOX JUMP

Areas trained: **BOTTOM, LEGS, CORE**

Technique

- Stand with a box or bench in front of you.
- Jump up on to the box and land softly, then stand up straight.
- Jump or step back to the start and repeat the move.

HOT TIP
 Jump from a full squat position to make it a little harder



'Using challenging weights will give you an awesome fat burner'

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#FIT

The kit, gear and accessories we can't get enough of this month



Pro tip

Looking for a natural way to recover after a tough session? Try Indigo Herbs Organic Chia Seed Protein Powder – add it to smoothies or knock it back in a shaker.

£4.99, indigo-herbs.co.uk



Raising the bra

Whatever your workout, Odlo's Medium Crossback sports bra will help you raise your game, taking you from start to finish in comfort thanks to its super-soft fabric and wicking technology.

£35, odlo.com

Shine bright

Stay safe and be seen on your late-night runs with the Yurbuds ErgoSport Armband. It has an LED clip for visibility and fits your smartphone securely inside sweat-proof, non-slip neoprene material.

£24.99, amazon.co.uk



Go further

Want help getting through the endurance wall? Muc-Off Ultra Endurance Cream fights the build-up of lactic acid and converts glycogen into glucose to fuel your muscles when the going gets tough.

£24, muc-off.com



Work that skirt

Add the Lululemon Run Pace Setter Skirt to your workout wardrobe for a piece of kit that's got bags of style.

£52, lululemon.co.uk



In the band

The highly anticipated Microsoft Band is your new best friend. It tracks heart rate, calorie burn and sleep quality, while the GPS will help your runs and cycles.

£169.99, microsoftstore.com



The belly blaster

Tone your tum in three simple moves

Rocking a bikini on the beach or working your way through that crop-top collection?

Bare that middle with confidence by adding these awesome stomach exercises to your gym routine.

Each move targets the tummy area to get you tight and toned in no time. Teamed with healthy eating and HIIT workouts, you'll be well on your way to a flat stomach.



STABILITY BALL ROLL-IN

Areas trained: **STOMACH, CORE, BACK**

Technique

- Start in plank position with your feet on a stability ball.
- Roll the stability ball toward your hands.
- Extend your legs back to the start and repeat.



SAFETY TIP
Don't let your lower back over arch



KNEE-TO-ELBOW PLANK

Areas trained: **CORE, SIDES**

Technique

- Start in plank position on your forearms, with your body in a straight line.
- Without shifting your hips, take your right knee to your right elbow.
- Return to the start and repeat on the other side to complete one rep.
- Keep the motion going fluidly.



SAFETY TIP
Don't let your hips drop lower than the rest of your body

SAFETY TIP
Keep your back strong and try not to strain your neck as you reach up

V-SIT

Areas trained: **STOMACH, CORE**

Technique

- Lie on your back with your arms by your ears.
- Dynamically crunch your body to bring your arms and legs off the floor toward each other to form a V shape.
- Lower and repeat.



HOW TO DO IT

Perform the allotted reps for each move in a circuit. Take a minute's rest and repeat for the next set.

Beginner:
3 x 8 reps

Intermediate:
4 x 10 reps

Advanced:
5 x 10 reps

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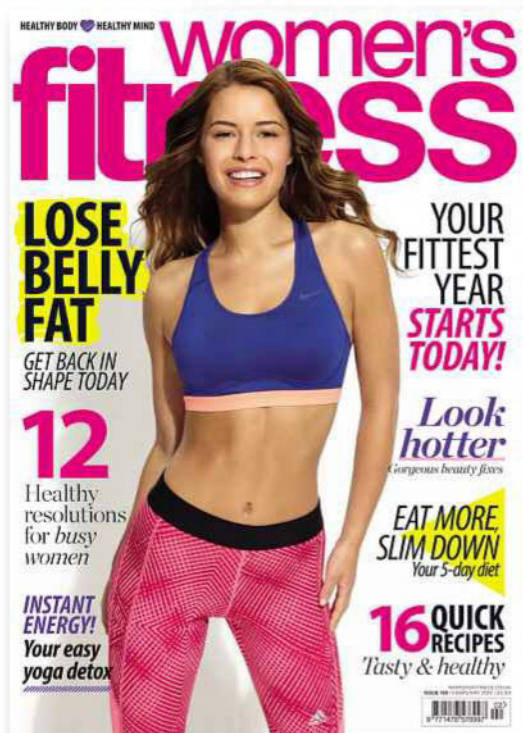
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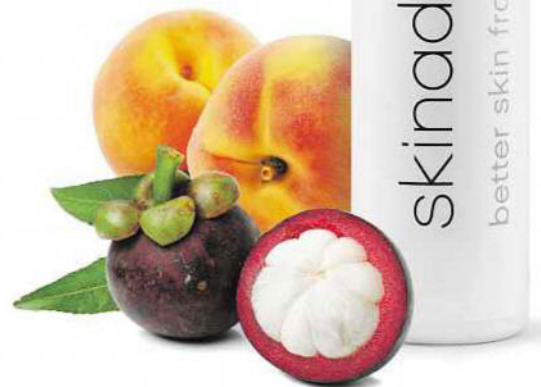
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FEEL GREAT *naked!*

- 56** Learn to love you!
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NAKED AMBITION

For many of us, the idea of looking in the mirror at our naked body fills us with dread. But with our top tips and special workout you'll be feeling fab in no time. Start by reading our confidence feature and learn to love your body whatever your shape. If you still want to make changes, we have a fab 14-day diet plus a workout plan for you to follow. Finally, a hot body deserves smoking hot underwear, check out our pick of the best sets on page 72!



FEEL GREAT *naked!*

'The sooner
you learn to like
yourself, the
sooner you'll
learn to make
peace with who
you are'

I ♥ ME

Want to change the way you feel
about your body forever? Your
journey to confidence starts here!

We all have our own crazy body hang-ups – whether it's our tummies, legs, bum or arms that we can't quite make peace with.

But you don't need to have a supermodel's figure to feel comfortable in your own skin. And, if you can change your attitude to what you see in the mirror and combine this with a good dose of confidence in yourself as a person, it will change your life for the better.

'Feeling confident about your appearance can have a huge impact on your day-to-day life,' says beauty and image coach Antonia Mariconda (thecosmediccoach.com). 'Confidence has a massive effect on your mental health, makes you more likely to take chances and put yourself out there, and also attracts people and opportunities. Personality is priceless.'

YOU DON'T HAVE TO BE A DISNEY PRINCESS

Nowadays we feel validated through body image. We live in a world where people, especially women, are still primarily judged on appearance, so it's hard to argue that physical appearance doesn't matter. It does, of course, but only to an extent. 'Our perception of beauty hinges massively on the images that we surround ourselves with,' says Antonia. 'From Disney princesses to the Kardashians, girls spend their whole lives being told by the mainstream media that to be beautiful, you need to have a perfect hourglass figure, a tiny waist, a flat stomach, long legs, long hair and big eyes.' And let's not forget the unforgiving gravitational hold that social media has on our lives. Our unrelenting obsession with Instagram, Facebook and Twitter also plays a big role in our body-image concerns and the unrealistic ideals we look up to. Research by the University of West England's Centre for Appearance Research indicates a link between time spent browsing Facebook and the likelihood of self-objectification. Facebook users post around 10 million new photos every hour

which, unsurprisingly, alters the way that users feel about their own appearance – and often not in a positive way.

EMBRACE SOCIAL MEDIA

So what's the solution? Quit Facebook? Deactivate your Twitter account and log off Instagram for good? Maybe not. Comparing ourselves with others doesn't necessarily have to make us feel less satisfied with ourselves. Fundamentally it all boils down to having a more positive mindset, believes Antonia. 'For me, spending time on social media, where ordinary women can share images of themselves looking beautiful, has really helped with my body confidence, and this can also help you,' she says. 'I've encountered women who had the same flaws that I perceived in myself, and I still saw them as gorgeous. And I started to think, well, if she can have a big bottom and be attractive, so can I.'

The sooner you learn to like yourself, the sooner you'll learn to make peace with who you are. Compulsively picking out faults and flaws is bound to bring you down emotionally and physically, yet achieving acceptance of the person you really are – inside and out – will help you to enjoy life that little bit more. 'How can you ever be strong as a person if you can't say, "Ah, sod it, this is me!"?' says Antonia.

The idea that there is one perfect body is unrealistic because we're simply not all built the same. And how boring life would be if we were! 'Focus on the parts of your body that you love, and if you are still not feeling confident in your skin, make some changes,' advises Antonia. Along with physical changes, rewiring your brain to think more positively will help you let go of body hang-ups. 'Say, "I'm doing this exercise and following this diet because I love my body and want to nourish it, not because I hate it and want to punish it",' she continues. 'The best thing you can shape is your confidence; the extra couple of inches on your hips really does not make a difference to your overall happiness in life.'

3 CLEVER BODY BOOSTERS

Dress for your body type with these easy tricks

1 SLIM DOWN YOUR MID-SECTION

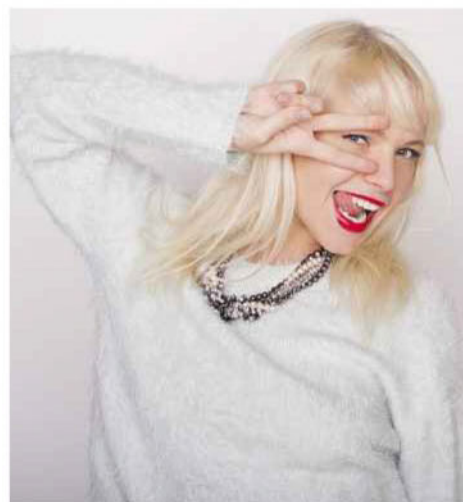
Create the illusion of a smaller waist by drawing attention to your silhouette in all the right places. Make a style statement with high-waisted trousers, wear a wide belt to cinch in your middle while creating an hourglass shape and, choose vertical striped patterns to slim down your mid-section in a flash.

2 CREATE AN OPTICAL ILLUSION

Dying for longer pins? Slip on a pair of open-toe heels that closely match your natural skin tone for extra length in an instant. The closer your shoe colour to your natural skintone, the longer your legs will look. Avoid ankle straps as these shorten rather than elongate.

3 LEARN TO ACCESSORISE

As anyone in the fashion know will tell you, using the right accessories is a coveted style trick to draw attention away from areas you want to conceal. A chunky necklace, colourful bangles or an over-sized clutch with bright beading will make you stand out from the crowd.



CONFIDENCE TRICKS

Give yourself a whole lotta loving with these top five tips

► MAKE YOURSELF FEEL GOOD

There's no denying that beauty is only skin deep, but spending a little time taking care of your appearance can send self-assurance levels soaring. Allocate a monthly budget to spend on yourself. You don't have to fork out much, just enough to buy a new lipstick or nail polish, and if you do want to splash out, treat yourself to a facial or relaxing massage. Make sure you kick back and enjoy some chill-out time too. 'Take a long, hot bath or do some yoga. When I treat my body with love and respect, confidence follows naturally,' shares Antonia.

► LOG MEMORIES

Remind yourself how awesome your body is by keeping a record. 'Create a photo album of times where you looked and felt great. When you're feeling low, have a flick through and remind yourself what a complete fox you are!' says Antonia. Appreciate your body for all the fantastic things it does, not just how it looks. Whether it's seen you relentlessly pound all 26.2 miles of a marathon, bring a new life into the world or heal from a medical condition, there are no boundaries of what your body is capable of.'

► CHANGE YOUR INNER MONOLOGUE


Rising above insecurities is hard work – it's easier to criticise than compliment yourself. The first step is to acknowledge insecurities as part of who you are, which takes practice, but

works wonders. 'When you find yourself having a negative moment, pay yourself a compliment. If you're alone, do it out loud. Eventually, positive thoughts will become your automatic response,' advises Antonia.

► ENHANCE YOUR ASSETS

Whatever your size and shape, striving to become the best version of yourself is bound to make you feel good. Target your workout to enhance your best assets. Long-limbed? Keep your pins in killer condition with a strengthening and lengthening ballet-style session. Endowed with a shapely derriere? Make squats an integral part of your workout to help boost your behind. 'Get your best friend on the phone and ask them what they think your best features are. Guaranteed, they'll love bits of you that you've never even thought about,' adds Antonia.

► SPEND TIME WITH YOUR BODY

Most of us spend time disguising the parts of our body we don't like. But if you want to create a more positive body image you have to accept yourself physically. It's time to get comfortable with what you see staring back at you in the mirror. 'Stand naked in front of a mirror and really look at your reflection. Try not to find flaws, just look. Avoiding your body just reinforces all your negative thoughts. The first step to loving it is getting to know it,' says Antonia. Do this every day and your confidence levels will build slowly but surely. 



WORDS: LOUISE PYNE PICTURES: SHUTTERSTOCK

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Strip off... **feel great!**

Cheat your way to a better body in just 10 minutes with **Lisa Nguyen's** quick fixes

We all love to update our wardrobes with the latest kit, but there's nothing better than feeling amazing in your own skin.

So we rounded up the best buys and top tips from the experts to get you looking great in the nude! So whether you're off on hols or going commando at home, you're covered!

INSIDER TIPS

Want to really nail it? Try these three easy rules from those in the know

'Get a flat tum by increasing your intake of protein-rich food such as meat, fish, eggs, lentils, nuts and seeds. You'll be fuller for longer and have more control over your appetite.'
Lorna Driver-Davies, nutritional therapist

'Resistance training will sculpt and tone your body fast, with 25-45 minutes putting you in the fat-burning zone.'

Do eight sets of this sequence, 20 secs per move with 45 secs' rest between sets: high knees, squat jumps, mountain climbers and lunge jumps.'
Alison Headley, senior product technician for Bulk Powders

'Stick to water and green tea; this will flush excess sodium from your system and prevent water retention.'
Lee Pickering, personal trainer at DW Fitness

SHAPE SHIFTERS

These smart buys will whip your silhouette into shape in no time

A NEW YOU

Give your skin a wake-up call with **Urban Veda's collagen-boosting Reviving Body Lotion**.

● £14.99 for 250ml, urbanveda.co.uk

WHAT WORKOUT?

Missed your arm session this week? No sweat – literally! **Transformulas Arm Lift** will sculpt and firm while softening the skin, too.

● £36.95 for 75ml, transformulas.com

SLIM PICKINGS

Banish cellulite and get toned with this magical **Guinot Slimming Cream**.

● £42.25 for 125ml, gproducts.co.uk

NO PIMPLY PINS

We love the way this **BeautyLab Skinfirm Sculpting Gel** tackles cellulite by mobilising fat and improving blood flow.

● £28 for 200ml, beautylab.co.uk

BEE TONED

Give your skin a healthy dose of manuka honey and purified bee venom (yep!) for the ultimate in body contouring: **Manuka Doctor's ApiBronze Anti-Cellulite Bronzing Gel**.

● £19.99 for 200ml, superdrug.com

NO MORE MUFFIN TOP

The Sculpt Active tech in the **Thalgo Défi Fermeté Stomach and Waist Sculptor** firms the deeper layers of skin so you can wave goodbye to your love handles.

● £45 for 150ml, thalgo.co.uk

BEAT THE BLOAT

Try **Advanced Nutrition Programme's Digest-Pro supplements**, to ease bloating.

● £25.75 for 120 capsules, advancednutritionprogramme.com

COMPLEXION CORRECTORS

Dive face-first into these beauty must-haves

DIY SPA

With 71% certified natural ingredients including botanical herbs and seaweed extracts, **Voya's Love a Scrub exfoliator** is a natural way to nourish skin.

● £26 for 125ml, voya.ie

CLEAR WINNER

Keep breakouts at bay with the deep-cleansing **Proactiv+ Skin Purifying Mask** with spot-zapping sulphur.

● £24.99 for 85g, proactiv.co.uk

THE FIRST STEP

Have a deep cleanse using the **Remington Reveal Cleansing Brush** to unclog your pores. It'll make all your skincare products more effective.

● £79.99, argos.co.uk

INSIDE OUT

Reduce spots, prevent blemishes and give your complexion an overall boost by taking **Help Clear Skin supplements**.

● £39.95 for 28-day pack, workswithwater.com

ON BALANCE

Bodhi & Birch's Neroli Lucé Revitalising Facial Oil is a WF fave for restoring the skin's natural balance. The sea buckthorn oil makes our skin so soft and supple.

● £32 for 15ml, bodhiandbirch.com

LONG LAST

Your face will never have a dry spell again with the **Herbalife Daily Glow Moisturizer**, which claims to double skin moisture levels for eight hours.

● £32.65 for 30ml, herbalife.co.uk

TECH THIS OUT

This sleek **No! No! Skin Clearance System** device kills spots and pimples quickly and effectively using heat and light energy. So hi-tech!

● £129, johnlewis.com



YOUTH BOOSTERS

Knock some years off with these hi-tech age-defiers

SHOTS!

SkinPep Collagen Re-Nu Liquid Shots help reduce fine lines and wrinkles and strengthen hair, nails, bones and collagen.

● £9.99 for 10, skinpep.com

AFFORDABLE LUXE

Treat your skin to a serious dose of antioxidants with **Eminence Organic's Skincare Bright Skin Licorice Root Booster Serum**.

● £38 for 30ml, theskinsmith.co.uk

FACE OVERHAUL

Ward off age spots and blemishes with **PMD Personal Microderm system**, a super-advanced exfoliation tool that uses vacuum suction to rejuvenate the skin.

● £150, harrods.com

LIQUID GOLD

Stock up on the acclaimed **Pure Gold Collagen** liquid supplements – they're great for boosting skin hydration and elasticity.

● £35.99 for 10 x 50ml bottles, hollandandbarrett.com

SUPER HERO

Look well rested and rejuvenated no matter what the day throws at you with **L'Oréal's Youth Code Youth Booster Serum**.

● £25.99 for 30ml, boots.com

AGE BARRIER

This **MyChelle Advanced Argan Oil** delivers superfood oils, fatty acids and vitamin E to maximise moisture and fend off fine lines.

● £16.95, mychelleuk.com

BRUSH IT OFF

Boost circulation and eliminate cellulite with this **Beech Wood Exfoliating Brush** from Kent Brushes.

● £18, kentbrushes.com

GLOW GETTERS

Glow all year round with these star buys

POLISH IT OFF

The combination of papaya enzyme and professional-grade skin-smoothing crystals in this **Exuviance Triple Microdermabrasion Face Polish** makes the perfect solution for tackling dull or tired skin.

● £57.50 for 75g, exuviance.com

FRESHEN UP

Rid your face of dead skin cells and set it to work making new ones with the **Clarins Gentle Exfoliator Brightening Toner lotion**.

● £22.85 for 125ml, escentual.com

USE A HIGHLIGHTER

Designed to treat pigmentation and skin discolouration, the **Skin Doctors SD White and Bright** treatment brightens and illuminates skin for a fab glow.

● £20.40 for 50ml, skindoctors.co.uk



FEED YOUR SKIN

➤ **RADISHES** are low-cal, low-fat and high in water, making them one of the best snacks for boosting hydration.

➤ **BERRIES** fend off damaging free radicals, which age the skin, while boosting collagen production levels at the same time. **M**

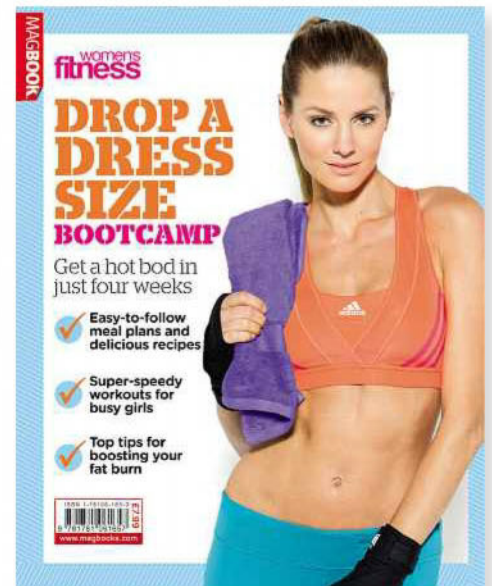
Nibble on these fresh foods and your skin will glow with gratitude

➤ **WATERCRESS** is great for keeping skin clear and glowing, thanks to its high vitamin A content.



Women's Fitness Bookstore

*Keep your hot-body goals on track
with our latest releases*



30-DAY CHALLENGE

► £7.99, magbooks.com

Following a programme is one of the best ways to make sure you see results and keep your motivation up. We've put together this awesome 30-day challenge, which fits around even the busiest schedule, to help you slim down fast and keep the weight off for good.

8-WEEK FLAT-BELLY GUIDE

► £9.99, magbooks.com

Summer is here and if you want a flat tum to show off on the beach, we've got everything you need to get you there in just 8 weeks! Our easy to follow workouts, cravings-busters and tasty meal plans are the perfect combo to shift that pesky muffin top asap!

DROP A DRESS SIZE BOOTCAMP

► £7.99, magbooks.com

Got a special occasion you want to wow at? Our Drop A Dress Size Bootcamp book is a healthy and tasty diet plan combined with results-driven workout routines. There's no messing around on this weight-loss programme – it's structured, motivating and gets great results!

Also available
on Amazon!

Lose 4lb in 2 WEEKS!

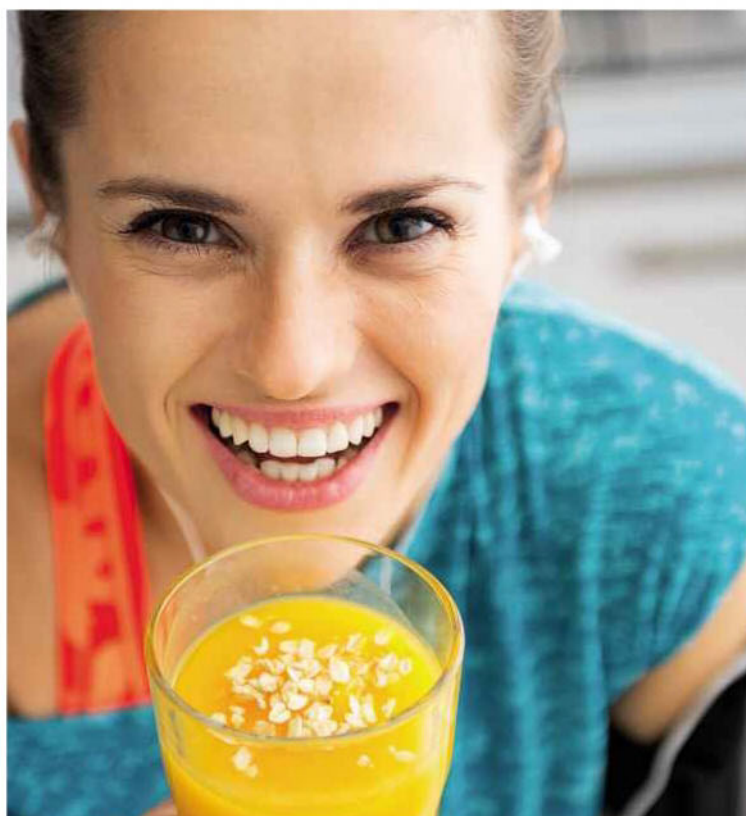
Strut your stuff in the buff, oozing killer confidence, with our feel-great-naked diet

When you're baring all, having confidence is everything.

There's no big secret to feeling amazing, but getting your sweat on and eating smart is a surefire way to feel better about your body - clothes on *and* off! We've put together a 14-day diet designed to melt away the excess pounds, and leave you bursting with positivity from the inside out. We've included foods with special superpowers that naturally de-bloat and flush away toxins to help you feel self-assured in your skin. Combine the eating plan outlined here with the exercise plan on page 68 and you can expect to lose up to 4lb in 14 days - as well as feeling lighter, brighter and full of energy!

YOUR 2-WEEK DIET

Follow the meal plan as described below for two weeks. On days when you are exercising you should add in a pre-workout snack such as a banana and a post-workout protein shake



DAY 1

BREAKFAST

Champion's big breakfast

2 poached eggs, 4 grilled chestnut mushrooms 1 grilled tomato, unlimited steamed spinach and 1 slice rye toast.

MORNING SNACK

1 avocado, 2tbsp seeds

LUNCH

Tuna salad

Place 1 can of tuna in a bowl with ½ bag of mixed salad leaves, 4 cherry tomatoes, unlimited cucumber, 1 beetroot, sliced, 1 large carrot, grated, and 1tbsp pumpkin seeds.

AFTERNOON SNACK

100g plain popcorn

DINNER

Grilled chicken and pineapple burger

1 grilled chicken breast served in a wholemeal burger bun with 1 pineapple ring, 1 chilli, diced, mixed salad leaves and 1 tomato, sliced.

DAY 2

BREAKFAST

Strawberry parfait

Layer 1 small pot of natural Greek yoghurt in a glass with 50g low-sugar muesli, top with 4 strawberries, sliced.

MORNING SNACK

1 banana, 1tbsp nut butter

LUNCH

Ham and watercress wrap

Fill a wholemeal wrap with 3 ham slices, a handful of watercress, 1 beetroot, sliced, unlimited cucumber and 1tsp crème fraîche.

AFTERNOON SNACK

50g red grapes, 1tbsp Brazil nuts

DINNER

Lamb meatballs, courgette

Cook 3 pre-prepared lamb meatballs with 1 onion and 1 garlic clove, crushed, ½ tin chopped tomatoes and a couple of sprigs rosemary. Serve with 1 large courgette, cut into ribbons.

DAY 3

BREAKFAST

Granola with yoghurt

50g sugar-free granola with 120g Greek yoghurt.

MORNING SNACK

1 apple, 1tbsp nut butter

LUNCH

Coronation chicken tortilla

Combine 1tbsp crème fraîche with 1tbsp mango, chopped, ½tsp curry powder and 1tbsp sultanas in a bowl. Stir in 1 cooked chicken breast fillet, sliced. Spoon the mixture into a large tortilla, top with a handful of rocket and roll up.

AFTERNOON SNACK

1 protein bar

DINNER

Spaghetti Bolognese

Sauté 100g turkey mince with 1 onion, chopped, 1 garlic clove, crushed, and ½ jar of fresh Bolognese sauce. Add a handful of spinach and serve with 1 carrot in ribbons.

DAY 4

BREAKFAST

Totally tropical smoothie

Blend 250ml coconut milk, 1 banana, ½ small mango, 2tbsp raspberries, 1tsp nut butter and 2tbsp seeds.

MORNING SNACK

2 celery stalks cut into sticks, 2tbsp houmous

LUNCH

Eat-your-greens salad

Cook 50g quinoa. Serve with watercress and rocket, 1 grated carrot, 4 cherry tomatoes, 50g mange tout and 2tbsp edamame beans.

AFTERNOON SNACK

1 peach, 1tbsp almonds

DINNER

Tuna and veggie pasta bake

Cook 50g wholewheat pasta and mix with 1 tin tuna and ½ tin chopped tomatoes. Add steamed broccoli and ½ red pepper. Top with 20g goat's cheese and place under the grill. Serve with green salad.



TOP TIP

Flavour salads with the juice of half a lemon and 1tsp olive oil. Lemon is naturally detoxifying and olive oil is high in skin-boosting omega-6.

DAY 5 BREAKFAST

Boiled eggs with wholemeal toast

Softly boil 2 eggs and serve on 1 slice wholemeal bread.

MORNING SNACK

2 apricots, 1tbsp cashew nuts

LUNCH

Smoked mackerel pitta

Fill 1 wholemeal pitta bread with 1 flaked mackerel fillet, 1 spring onion, chopped, 3 cherry tomatoes and unlimited rocket.

AFTERNOON SNACK

2 oatcakes with 2tbsp cottage cheese

DINNER

Veggie chilli

Cook 4 chestnut mushrooms, chopped, 1 onion, sliced, ½ tin chopped tomatoes, ½ tin kidney beans and ½ red chilli, chopped. Serve with 80g cooked brown rice.

DAY 6 BREAKFAST

Tofu scramble

Crumble 100g tofu into a pan with cumin and cook until browned. Serve with 4 grilled cherry tomatoes and steamed spinach.

MORNING SNACK

1 pear, 2tbsp mixed seeds

LUNCH

Avocado salad

Cut one avocado in half and take out the stone. Mix 50g feta, 3 cherry tomatoes, ½ yellow pepper, diced, 1 red onion, diced, and 1tbsp olive oil. Top each avocado half with the salad and top with parsley and lemon juice.

AFTERNOON SNACK

30g coconut pieces and 1tbsp mixed seeds

DINNER

Fish and chips

Grill 1 cod fillet. Slice 1 sweet potato into chips and bake. Serve with a green salad.

DAY 10

BREAKFAST

Scrambled egg on toast

Scramble 2 eggs and serve on 1 slice wholemeal toast.

MORNING SNACK

2 figs, 1tbsp seeds

LUNCH

Caprese salad

Combine 70g mozzarella, chopped as you like, with 1 tomato, sliced, unlimited spinach leaves and 1tbsp mixed leaves.

AFTERNOON SNACK

2 wholegrain rice cakes topped with 2tbsp cottage cheese and unlimited sliced cucumber

DINNER

Chicken pesto pasta

Cook 50g pasta and serve with 1 sliced chicken breast and 2tbsp fresh basil pesto sauce. Serve with a large green side salad.

DAY 11

BREAKFAST

Guilt-free pancakes

Mash 1 banana, combine with 2 egg whites, 1tsp nut butter and a pinch of nutmeg and cinnamon. Ladle the batter into a pan and cook on both sides. Top with 2tbsp crème fraîche and 2tbsp raspberries.

MORNING SNACK

100g plain popcorn

LUNCH

Chicken salad

Mix 1 chopped chicken breast with 2tbsp pomegranate, rocket, 4 cherry tomatoes, and 2tbsp pecan nuts.

AFTERNOON SNACK

2 oatcakes with 2tbsp cream cheese and 1 tomato

DINNER

Fish and chips

Grill 1 cod fillet. Slice 1 sweet potato into chips and bake. Serve with a green salad.

DAY 7

BREAKFAST

Almond butter porridge

Cook 50g oats with 70ml almond milk. Stir in 1tsp almond butter and cinnamon.

MORNING SNACK

6 olives with 2 slices Cheddar cheese

LUNCH

Thai prawn salad

Combine 100g cooked prawns with 50g soba noodles, unlimited grated cucumber and carrot, 1 chilli and 1tsp sesame seeds. Dress in the juice of half a lime.

AFTERNOON SNACK

100g plain popcorn

DINNER

Chicken stir-fry

Pan-fry 1 chicken fillet with handful sugar snap peas, 100g cabbage, 2 carrots cut into matchsticks, 1tsp ginger, handful of coriander, 1 garlic clove and 1tbsp soya sauce. Serve with brown rice.

DAY 8

BREAKFAST

Skinny blueberry sundae

Whip ½ can of coconut milk. Place half in a glass and layer with half a punnet of blueberries. Add remaining whipped milk, then drizzle over 1tbsp blueberry purée.

MORNING SNACK

1 raw pepper cut into sticks, 2tbsp guacamole

LUNCH

Spicy chilli salmon salad

1 tin salmon with 1 red onion, diced, 1 cherry tomato, 1 deseeded chilli, unlimited cos lettuce and cucumber.

AFTERNOON SNACK

1 protein bar

DINNER

Chicken curry

Fry 1 chicken breast, 1 small onion, 1 garlic clove, ½tsp curry powder, ½tsp turmeric, ¼ tin coconut milk. Garnish with coriander. Serve with 80g cooked pearl barley.

DAY 9

BREAKFAST

Peachy oat crunch

Crumble 2 oatcakes into a small pot of Greek yoghurt and top with 1 peach and 2tbsp sunflower seeds.

MORNING SNACK

1 apple, 1tbsp macadamia nuts

LUNCH

Roast beef and pitta

4 slices roast beef with 1tsp horseradish and 1tsp Greek yoghurt. Top with unlimited watercress and cucumber.

AFTERNOON SNACK

2 wholegrain crackers with 2 slices of Cheddar cheese

DINNER

Fishcakes and salad

To make 2 fish cakes, mash 1 steamed sweet potato with 1 tin salmon, 1 deseeded chilli and coriander. Shape into patties and fry in 1tsp coconut oil until brown. Serve with a green salad.

THE RULES

These slimming secrets will help to boost results

1 CLEAR OUT THE NAUGHTY SHELF

Diet success starts with a clean-eating kitchen. Before you start the two-week eating plan, take the time to clear out any diet derailers from your cupboards to stop you falling off the wagon.

2 DRINK UP

Water is your best friend when you're looking to slim down. Chugging back eight glasses a day will help to keep your belly flat and your skin clear. Add lime, lemon, fresh ginger and mint to liven up plain water and sip on de-bloating herbal teas like nettle and fennel.


3 ENJOY FOOD

The more you enjoy your food, the less likely you are to go off track, so take time to savour every mouthful. Chewing food properly also helps to boost digestion and reduce bloating.

4 GET MORE ZZZZS

When you're tired you're more likely to reach for unhealthy foods, as lack of sleep throws appetite hormones out of whack. Aim for around seven to eight hours of snoozing a night to help boost your healthy eating goals.

5 EXFOLIATE REGULARLY

Smooth skin is a must if you want to look good when baring all. Body brush everyday before showering to minimise the appearance of cellulite. Start from your lower body upwards using sweeping motions towards your heart. 

DAY 12

BREAKFAST

Fruit mousse

Blend 1 banana with 4 strawberries, handful of cashew nuts and 2 prunes. Top with 1tbsp mixed seeds.

MORNING SNACK

1 banana, 1tbsp nut butter

LUNCH

Turkey and cheese panini

Fill 1 wholemeal roll with 3 turkey slices, 2 slices Cheddar cheese, unlimited mixed salad leaves, and 1 tomato.

AFTERNOON SNACK

1 apple, 4 macadamia nuts

DINNER

Quinoa salad

Cook 50g quinoa and combine with 6 cooked king prawns, a generous helping of rocket, 1 beetroot and a mix of yellow and red roasted peppers. Garnish with a handful of parsley.

DAY 13

BREAKFAST

Almond butter porridge

Cook 50g oats with 70ml almond milk. Add 1tsp nut butter and some cinnamon.

MORNING SNACK

2 apricots, 1tbsp cashews

LUNCH

Eat your greens salad

50g cooked quinoa, 1 grated carrot, 2tbsp edamame, 4 cherry tomatoes, watercress, rocket and 50g mangetout. Dress with 1tbsp olive oil.

AFTERNOON SNACK

½ avocado, 1tbsp almonds

DINNER

Mexican bean burgers

Mash ½ tin red kidney beans with 1 onion, 1 garlic clove, ½tsp cumin, ½tsp mild chilli powder and 1 egg. Shape into patties, dip in oat flour and grill. Serve with sweet potato wedges and steamed kale.

DAY 14

BREAKFAST

Superfood toast

2 slices rye toast topped with ½ avocado, 1 tomato and 30g crumbled goat's cheese.

MORNING SNACK

Unlimited cucumber sticks with 2tbsp tzatziki

LUNCH

Spicy chilli salmon salad

Combine 1 tin salmon with 1 red onion, 1 cherry tomato, 1 deseeded chilli and unlimited cos lettuce and cucumber.

AFTERNOON SNACK

2 figs, 1tbsp mixed seeds

DINNER

Lamb meatballs

Cook 3 pre-prepared lamb meatballs with 1 onion, 1 garlic clove, crushed, ½ tin chopped tomatoes and a couple of sprigs of rosemary. Serve with 1 large courgette, cut into ribbons.

ZONE IN

These targeted moves will sculpt your tummy, bottom, thighs and arms, to ensure you *gain* confidence when you lose your clothes!

Looking and feeling great naked can mean very different things to different people.

But *anyone* can feel great in the nude – you just need to feel confident in your own skin. However, if you've got a body niggle you just can't get over, we've got a workout that has all the answers. This speedy session will help you hone and tone those areas you're struggling to feel the love, as well as release some feel-good endorphins, so you'll look and feel like the best version of you in no time.

HOW TO DO IT

For each target area, perform the allotted reps for the two moves back to back, without rest. Then rest for 20-30 seconds before moving on to the next set of the same moves. When all sets of one target area are complete, move on to the next target area and do the same.

Beginner:
2 x 10 reps

Intermediate:
3 x 10 reps

Advanced:
4 x 10 reps



🎯 TARGET: TUMMY

PLANK EXTENSION

Areas trained: **CORE, STOMACH**

Technique

- Start in plank position with your forearms on a stability ball.
- Nudge the ball out as far as is comfortable then immediately return to the start.
- Repeat in a rapid, fluid motion.



SAFETY TIP
Don't let your hips drop lower than the rest of your body



3-POINT RUSSIAN TWIST

Areas trained: **STOMACH, CORE, SIDES**

Technique

- Sit on the floor with your upper body slightly reclined holding a medicine ball.
- Twist your upper body to the left, bringing the medicine ball toward the floor.

Then twist the other way, reversing the movement.

- Now extend your body, without letting your arms or legs touch the floor, taking the medicine ball overhead as

- you do so.
- Return to the starting position and repeat the entire movement for the next rep.

SAFETY TIP
Don't let your lower back over arch

🎯 TARGET: BOTTOM

KETTLEBELL SWING

Areas trained: **BOTTOM, BACK, THIGHS, STOMACH**

Technique

- From standing, hinge at your hips and bend your knees to drive your bottom out behind you and take hold of a kettlebell by the handles.
- Drive the kettlebell backward through

your legs, then extend your hips and knees to drive the kettlebell up to shoulder-height.

- As the kettlebell drops back down, hinge at your hips and knees again to repeat in a fluid motion.



SAFETY TIP
Use your lower body to create momentum not your arms

SQUAT JUMP

Areas trained: **BOTTOM, THIGHS**

Technique

- Bend at your knees and hips to lower your bottom out behind you.
- From this position, jump up as high as you can.
- Land softly and repeat.

SAFETY TIP
Keep your chest up and shoulders back throughout



🎯 TARGET: THIGHS JUMPING LUNGE

Areas trained: **THIGHS, CALVES, CORE**

Technique

- With hands on your hips, start in a lunge position with both knees at 90 degrees, back knee just above the floor.
- Jump up as high as you can, extending both legs. Switch leg position in the air and land softly back into a lunge, this time with the opposite leg in front.

- Immediately jump up into another rep.

SAFETY TIP
Don't let your front knee extend past your toes



LATERAL LUNGE

Areas trained: **THIGHS, BOTTOM, CORE, BACK**

Technique

- Start with your feet together, holding a dumbbell in each hand.
- Take a large step out to the right, bending your right knee while keeping your left straight. Lower your

- upper body to bring the dumbbells to meet in front of your shin.
- Push off the bent leg to return to the starting positioning. Repeat the move on the opposite side.

SAFETY TIP
Keep a flat back as you bend down



TARGET: ARMS

NARROW PRESS-UP

Areas trained: **TRICEPS, CHEST, SHOULDERS**

Technique

- Start in plank position on the floor, hands shoulder-width apart.
- Bend your arms to lower your chest toward the floor, keeping your body in a straight line and your elbows tucked in close to your sides.
- Push back up to the start and repeat.

SAFETY TIP

Don't let your hips drop lower than the rest of your body



CURL AND PRESS

Areas trained: **BICEPS, SHOULDERS, TRICEPS**

Technique

- Hold a dumbbell in each hand, by your sides.
- Keeping your upper arms close to your body, curl the dumbbells up to your shoulders.
- Extend your arms to push the dumbbells toward the ceiling, rotating your hands outward.
- Reverse the movement to lower back to the start and repeat.

SAFETY TIP

Don't let your lower back over arch



FEELIN' GOOD

Champneys (champneys.com) confidence coach Janet Thompson gives her top tips for feeling your best

1 Remember, confidence is subjective and you won't please everybody all of the time, so just aim to please yourself.

2 Trust your instinct, and don't fall victim to something that makes you look and feel awkward.

3 We're all different shapes and sizes, but the part of you that's always there no matter what clothes you wear is your unique personality. The people that are closest to you in your life are there because they have seen past the superficial outer layers, and you are in theirs because you have seen past theirs. That's why you feel confident when you are with the people you love.

IN THE BUFF

Treat yourself to some fancy pants to show off that hard-won gym bod – and feel amazing all day long!

● Bra, £47, and
knickers,
£27, both
Chantelle



Ultimate undies





Opposite page
● Bra, £40,
and knickers,
£26, both
Princesse
Tam Tam

This page
● Bra, £36,
and knickers,
£28, both
Princesse
Tam Tam

Opposite page
● Bra, £34, and
knickers, £22,
both Passionata

This page
● Bra, £47, and
knickers, £26,
both Chantelle
at John Lewis





STOCKISTS

Chantelle exclusively at John
Lewis and uk.chantelle.com
Passionata passionata.com
Princesse Tam Tam
princessetamtam.co.uk
Wacoal wacoallingerie.com

● Bra, from £64,
and knickers,
from £44,
both Wacoal



Features

80 Fitness heroine // 81 Get that job!

DREAM BIG

This month it's all about achieving your goals. Bagging a job (and even scoring an interview!) is getting increasingly tricky, so we give you everything you need to ensure your dream job becomes a reality. Plus, we meet Ann Johansson, who has realised her dream, with the launch of her activewear brand, BoomBoom.

Ann has created the kit of her dreams – no wonder she's happy!



TWEET
@hey_boomboom



Fast talk

Fave running music?

I tend to pick songs that have a bit of beat or catchy tune. I look for music that makes me run faster.

Gym-bag essentials?

A good pair of running shoes (I like Asics the best), a decent sports bra, edgy T-shirt or tank (preferably BoomBoom Athletica racer tank), the 26.2 leggings, a hoody for the warm-up/cool-down, a foam roller, some Nuun for electrolytes hydration, a hairband and my running watch.

Desert island essentials?

A water filtration system, a knife because I think it sounds like a useful tool to cut things, and a boat so that I can leave whenever I want!

'Running has always been a great way for me to clear my mind'

We caught up with BoomBoom Athletica activewear founder **Ann Johansson** to find out what makes her tick

She may have 'fallen' into it but now, **Ann Johansson, founder of BoomBoom Athletica, is a fully fledged member of the running community.**

Where does your passion for being active come from?

I grew up in Boliden, a small town in northern Sweden, far from urban distractions. We had excellent sporting facilities. Family time was generally active – cross-country skiing in the winter, tennis in the summer, berry-picking in the spring and mushroom-gathering in the autumn.

How did you get into running?

I sort of fell into running without realising I liked it. When I was a competitive swimmer we used running as cross-training. Gym class was mandatory at school and we took part in a 10K race, where all kids got dropped off in the middle of nowhere and had to run back. I picked up long-distance running 12 years ago and ended up falling in love with goal setting. Since then, running has always been a great way for me to clear my mind.

What is it about marathon-running that you really enjoy?

I respect the marathon distance – it motivates me to get up and run. You can't really wing 26.2 miles! The temporary pain is overshadowed by the immense sense of accomplishment.

What else do you do to stay fit?

I do a lot of cross-training – barre classes, weights, cycling, yoga and Pilates – to build the strength and elasticity to stay injury-free.

What made you start BoomBoom Athletica?

It came from spending countless hours training and having a lot of time to think about the kit of my dreams. I like the idea that when you move your heart beats – and also I want the clothes to make your heart go boom-boom!

Have you always been into design and fashion?

My parents were into clothes, art and interior design and this rubbed off on their kids. One of my sisters is a painter and the other works in fashion in New York. What interests me is the

ability to blend a fresh, edgy aesthetic with authentic technical capability, helping women bring their sense of style to their workout.

What, for you, makes a great piece of fitness wear?

It should look great and be so comfortable you do not have to think about the garment but can focus on the exercise at hand. Fabrics and cut should maximise venting, provide compression to support your muscles and in turn boost your endurance and reduce soreness.

What's your favourite piece of BoomBoom Athletica kit?

The 26.2 leggings: they are low rise and high compression, which means they create a streamlined silhouette. They also have a performance function, bringing more oxygen to the muscles. Once on, they do not move and feel like a second skin.

What's next for you and BoomBoom Athletica?

We are introducing a wider range in autumn/winter, which will include some more essentials and sport-specific garments. We are also expanding, with more stockists and retailers in the next few months. **W**

GET INVOLVED

Check out BoomBoom Athletica activewear at boomboomathletica.com

Studies show mobile radiation *affects sperm!*



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Get your dream job!

Market yourself for that perfect role and handle anything the interviewer throws at you



Job interviews are changing. Gone are the days when employers requested a simple face-to-face chat.

Instead, it's more likely you'll have to answer curveball questions, complete task-based assignments or even meet your potential employer via Skype.

Ron Stewart has worked in the recruitment industry for 30 years, and currently runs niche recruitment specialist Jobs4Medical.co.uk. 'The whole application process has really evolved in recent years,' he says. 'We've seen interviews for industries in which there is high competition for roles becoming far more testing of candidates and involving practical tasks. Employers are also looking at candidates' soft skills – their personality traits and ability to interact – to ensure that they are hiring candidates who are a good cultural fit.'

Since the recession, there has been more competition for jobs, so unfortunately employers can afford to be picky. According to a recent survey by the Association of Graduate Recruiters, which polled more than 200 firms including Cadbury, Marks & Spencer, JP Morgan and Vodafone, the average number of applicants per vacancy has risen to a record 68.8, with the number of applicants in the most competitive sectors (food, confectionery and cosmetics) shooting to 205.

Kate Dunbavan, placements officer at Lancaster University, who specialises in preparing students and graduates for interviews for work placements, internships and graduate jobs, has seen first-hand how tough the job market has become. 'I think that people find it difficult to even get to interview stage – the whole process is more competitive than ever,' she says.

Working both ways

It's not all bad news for job-hunters though. The changing face of recruitment means that there are more opportunities and platforms to shine – especially for those who might crumble in a formal face-to-face grilling – and these can give you a better insight into the company you

might end up working for. 'Employers are increasingly aware of using techniques that, while still challenging the candidates, are specifically aimed at eliciting the best from them,' says Kate.

What's more, it gives you the chance to find out if you really want to work for the company. 'A quirky interview can give a candidate a good sense of what the employer may be like to work for and the kind of culture they have,' says Ron. 'In some instances, candidates might find that the style of the company doesn't appeal to them, and in others they might rise to the challenge and enjoy the creativity of the interview.'

It's worth remembering that, while an interview process might seem gruelling, the panel is not deliberately trying to trip you up. Nicola Mewse from Hales Group Recruitment says, 'Interviewers want their new employee to fit comfortably in the working environment and ensure that they have the same goals and ideals as others in the team.'

Ahead of the curve

But with a wide range of new techniques being employed by interviewers, it's harder than ever to prepare, warns Nicola: 'Candidates are constantly kept on their toes. As much as we can advise them on what to expect, many companies certainly like throwing a curveball to see how candidates react.'

'There are many bizarre questions we've been hearing of, including "How do you fit a giraffe in a fridge?" We always advise candidates to revise on some of the strangest.'

The point of these questions, adds Nicola, is to suss out your personality. 'Quick-fire questions can see how fast a thinker you are, while the wild cards are a great way of breaking the ice and seeing if you have the same humour as the team. As well as your expertise, you need to fit in with the current team.'

Try not to be intimidated, advises Nicola; instead, look at it as a chance to show off your personality. 'Quirky interviews can help employers see the side of your personality that can't be outlined on a CV,' she says. 'You don't have to have the right

answers, but putting your own spin on things can really make you memorable. For example, the age-old question, 'Where do you see yourself in five years' time?' was once answered humorously by a candidate with, "Sitting here running the team while you're on a beach somewhere." He got the job!'

Best behaviour

As well as curveball questions, employers are relying more on 'behavioural interviewing', explains Ron. 'This is becoming a popular technique, as it allows interviewers to gain a better idea of how a candidate really behaves and reacts to situations. So, rather than asking a candidate if they're honest, the interviewer will test this by asking scenario-based questions such as, "Can you think of a situation where you have lied on behalf of a co-worker?" or "Would you ever lie for your boss?"'

'They don't want to hear a stock reply from a candidate who knows what they should be saying; they want to find out the truth based on a candidate's reaction. This style of interview is particularly useful in creative industries to see how imaginative a candidate can be off the top of their head.'

You might also be asked to complete a group task to see how you work with other people, adds Ron. 'You should handle these according to the role that you are applying for,' he says. 'If this is an interview for a senior role, then you want to focus on showing your managerial skills during this task. This means taking the lead when possible, allocating sub-teams and positioning people according to their skills as best you can. If you're interviewing for a role in human resources, it's essential to show your organisational and interpersonal skills. Look at group tasks as a way to co-operate and work together with other candidates, not as a chance to out muscle them.'

Private investigation

The increased pressure is not just on the applicants, but also on the employers themselves to hire the right people, explains Ron. In fact, according to Oxford Economics, replacing an


'Wild cards are a great way of breaking the ice and seeing if you have the same humour as the team'

employee costs the average employer £30,000. 'Certainly for competitive roles and managerial positions, the interviewing environment has become more ruthless to ensure the right candidates are found,' says Ron. In their search, employers will use a wider range of techniques. This includes headhunting through social media sites such as LinkedIn and even looking up a potential employee on Facebook and Twitter. 'Although a CV can tell you about a candidate's educational merits, some companies want to know about personality as well,' says Nicola.

Screening process

Skype has also played a crucial role in the changing face of recruitment. According to 2012 market research, 42 per cent of companies were using video interviews to recruit senior executives, management and entry-level positions. 'When it comes to job interviews, the rising trend in remote working means that an increasing number of employers are conducting Skype interviews,' explains Ron. 'Skype interviews are useful for companies who are hiring remote workers or recruiting overseas.'

This new interview format throws up a range of road blocks, for both the employer and the potential employee. 'There are pitfalls when using Skype, including difficulties with the internet connection and equipment not always working, but also in some cases it can be harder to get a sense of how the candidate comes across and whether they would be suited for a particular company.'

Ron's advice is to treat a Skype interview in the same way you would a traditional face-to-face meeting. 'An interview is an interview, whether there's a screen between the candidate and the interviewer or not. The same rules apply – a candidate should be smartly dressed, well prepared and follow all the same protocols they would for a traditional interview.' 

STRAIGHT ANSWERS FOR THE CURVEBALL

Here's how to respond to one of the common wild cards interviewers may throw at you...

Q: If you were an animal, what would you be and why?

Ron says, 'At first the question sounds stupid, but actually there are some important points to unpack here. The interviewer wants to see how quickly and how creatively you can think on your feet. If you faced a curveball situation at a board meeting, you'd probably react the same way as you would to a question like this in an interview. Answer this one with reference to the positive attributes and behaviours of a particular animal, and explain these to the interviewer.'

MAKE YOUR CV STAND OUT

With an average of 69 applicants per vacancy, make sure you make the shortlist

'Different fonts and colours can be used on traditional CVs to make them bolder,' says Ron. 'Candidates should also make sure that their CV is digital-friendly, so it reads well on screen and can be easily downloaded; PDFs work best. These CVs should include hyperlinks to any relevant websites, online portfolios or social media accounts. For something really innovative, candidates can consider making a video or animated CV. While these shouldn't replace a normal CV, they can be linked to the end as a way to showcase your personality and skills, as well as get you noticed.'



GREEN TEA FOR GREY MATTER

Green tea is everywhere at the moment, and it's not hard to see why. Its powerful antioxidants are great for getting rid of nasty bacteria and viruses, in turn helping to prevent colds, flu and tooth decay. It's also great at improving our 'good' cholesterol and regulating blood pressure, making it an all-round winner in our book. But recent studies suggest that the benefits of green tea are even more diverse than we thought. Researchers at University of Basel, Switzerland, have found that green tea extract can enhance brain function, in particular memory, making it a great protector against Alzheimer's, Parkinson's and depression. There you go – yet another reason to have a brew!

● **Try the green tea selection from Higher Living, £2.20, higherlivingherbs.com**



Present and correct

Mastering the art of mindfulness will pay dividends when it comes to your physical and mental health. Here's how to slot it effortlessly into your day

There's far more to wellness than simply staying active and eating healthily.

While your physical choices are important, so too is your mental state. Nowadays it feels like we live in a world that simply lacks time. Between work, juggling family and fitness routines and keeping up with our social lives, there's just no time for time out.

It's good to be busy; but when your spare minutes begin to dwindle,

wellbeing can suffer. Your body responds to emotional and mental stress just as much as it responds to the physical, and without respite you can end up stuck in the stress-inducing 'flight or flight' zone.

That's where mindfulness comes in. Switching to a mindset in which you are more 'aware' could be the answer to staying ahead of the game. 'Mindfulness is the practice of being focused on the present,

either through an activity, visualising something or focusing on a word, while having an awareness of emotions that arise at the time,' explains Nikki Harman 'The Mindful Nurse' (innerspaceproject.com). Research shows fitting mindfulness into your day can, in just four weeks, positively alter the white matter in the brain, improving its signalling connections. It can also improve mood, and anxiety and fatigue.



‘Be aware of each thought that comes into your head, but rather than “hook” yourself on to it, try to let it pass by’

YOUR DAY OF MINDFULNESS

Here's how to practise awareness, from the moment you wake to the second you sleep

> **7AM:** When you start the day in a hectic way you can be certain that the rest of the day will follow suit. Racing out of bed to crack on with things might seem like a productive jump-start but if you're running on empty all day long you'll be doing more harm than good to your health. Embracing a sense of calm first thing will help to clear your head and set you up positively. 'Before getting up, just lie still and notice how you feel,' says Nikki. 'Keep your eyes open and take notice of everything around you. Be aware of each thought that comes into your head, but rather than “hook” yourself on to it, try to let it pass by. Listen to your breath then slowly sit up and gently stretch. Acknowledge yourself and thank your body for all that it does for you, regardless of how healthy or fit you are. Give yourself these few minutes after waking up as your daily gift to yourself.'

> **8.30AM:** Squeezing your way on to a cramped bus or train can ruin your whole day. 'If you feel frustrated during your commute breathe it out. Imagine you are blowing it away as you exhale, and as you breathe in, acknowledge that you cannot control the situation. As soon as you recognise this, the tension will ease,' says Nikki. There is nothing to be gained from getting angry, so try turning it into a positive: extra time to listen to the radio; a moment of peace away from work; time to work out a problem in your head. Anything that you can use to your advantage.

> **1PM:** Exercise and anxiety relief go hand in hand, so if you're seeking a little respite from on-the-job stress, set aside some time for a short workout during your lunch hour. 'Meditation and mindfulness don't always involve emptying the mind of all thought, and there are many ways of practising the technique without sitting quietly. I sometimes run or walk. One

of my favourite things to do is to tackle a steep hill while tackling a problem in my mind, taking it step by step until I reach the top of the hill,' shares Nikki.

> **3PM:** If polishing off a packet of crisps and a KitKat is an inevitable part of your afternoon, there's a simple trick you can try to curb unhealthy snacking. 'Swap your naughty treat for a piece of fruit and try to be mindful,' advises Nikki. 'Concentrate fully on the experience of eating it, in order to combat the desire for something unhealthy. Zone in on the fruit and think about how it grew, the taste, texture and aroma of the food, and feel grateful for it. It really works.'

> **7PM:** Next time you're pottering in the kitchen, trying to rustle up a quick dinner, take a step back and absorb the look and feel of ingredients; being more aware will enhance your dining experience. 'When you're preparing food, spend a few minutes really concentrating on what you are doing,' says Nikki. 'Spend a moment marvelling at how amazing your body and brain is to be able to co-ordinate itself to walk around the kitchen, and chop and prepare the food. Be grateful to yourself, too - the time and energy you spent at work to make your hard-earned cash to buy the nourishing food.'

> **10PM:** A good night's sleep allows your body to restore and repair, but disrupted shut-eye can leave you feeling on edge the following morning. 'At night, try a similar exercise to that of waking, but prepare to relax and sleep. Practise feeling grateful for the day you have had, and seeing stressful moments as opportunities to learn. Spend a few moments being aware of the bed supporting you and the bedsheets keeping you warm,' recommends Nikki. Kick back with a cup of lemon balm tea leading up to bedtime and minimise evening distractions so your mind is clear rather than racing.

MIND YOUR MENU

A mindful diet can help you to achieve your healthy eating goals

BE MINDFUL... DURING MEALTIMES

Multi-tasking at mealtimes – staring at the TV or tapping away on your laptop while throwing back your dinner – generally leads to eating more than your body needs. ‘Slow down and sit at the table to eat,’ recommends nutritionist and author Christine Bailey (christinebailey.co.uk). ‘Put your knife and fork down or take sips of water between bites, or try eating with

a smaller spoon to slow you down. Listen to internal cues to know when to stop.’ Tuning in to your body when you eat will also increase the satisfaction factor. ‘Take a deep breath before you eat; this helps relax the body,’ adds Christine.

BE MINDFUL... WHEN YOU'RE AT THE SUPERMARKET

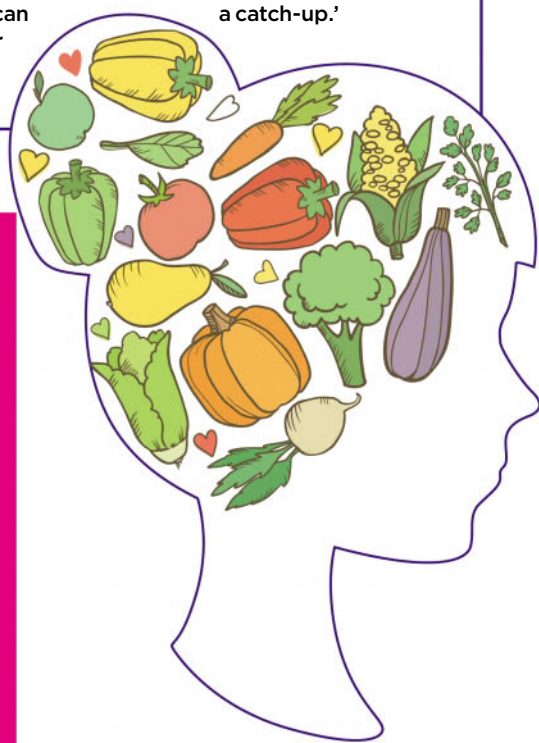
It sounds obvious, but if you want to make healthy choices when browsing the grocery aisles make sure you don't hit the supermarket on an empty stomach. A growling tum will inevitably lure you towards unhealthy options, tipping you well and truly off the diet wagon. ‘Have a snack to take

the edge off your appetite if needed, and consider shopping online instead,’ says Christine. Jot down a weekly meal planner and the ingredients needed to prepare each dish. ‘This will help to keep focused. Be aware of portion sizes too – do not buy something that is bigger just because it is on offer or seems better value unless you can portion it at home and freeze it to keep it out of sight.’

BE MINDFUL... WHEN CRAVINGS STRIKE


It's hard to resist when cravings kick into gear, but taking a step back can help to control your desires. ‘Pinpoint what you usually

crave – if it's chocolate, find a way to satisfy cravings in a mindful, healthy way,’ says Christine. ‘For example, keep a mini bar of dark or raw chocolate to hand or try a handful of chocolate-coated nuts. Having a plan will make you feel more in control.’ And every time you want to reach for junk food or sweet treats, question why you get the cravings. Is it emotionally driven? Boredom? ‘Ask yourself how that craving will satisfy your mood, and divert your attention to something else – such as going for a walk or phoning someone for a catch-up.’



MEDITATION MASTERCLASS

Concentrate your breath to clear the clutter from your mind

- 1 Place one hand on your tummy, breathing into the hand slowly and deeply.
- 2 Relax and lengthen the distance between your ears and your shoulders, creating a longer neck.
- 3 Count your breath back from 10 to zero. As you count, relax any tension from your body, starting at your feet at 10, moving up your body on each breath, and ending at the forehead on zero. Then smile! Be aware of how you are feeling and what thoughts come up, but try to let them go – blow the thoughts away as you breathe out. 

‘Find a way to satisfy cravings in a mindful, healthy way. Having a plan will make you feel more in control’



RISE TO THE CHALLENGE

The UK's biggest gym-based competition is back

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31 JULY**

Take on the UK's ultimate gym challenge this summer to find out if you can rise to the challenge and be crowned FitBrit 2015 Champion.

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Fitness First

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Ask the expert

Got a niggling health dilemma? Let our expert put your mind at ease

'I KEEP GETTING ANNOYING MIGRAINES. WHAT CAN I DO?'



Nutritionist, author and TV health expert Amanda Hamilton reveals her advice on easing brain pain

'It would be wise to remove red wine and aged cheese from your diet'



There are 14 sub-types of headache according to the International Headache Classification, the most common of which are primary headaches including migraine and tension.

But it's a misconception that

rich foods, such as chocolate, can trigger them: evidence linking the complaint with individual foods is sketchy. So, you don't need to give up the good stuff yet.

However, recent studies of migraine sufferers *have* focused

on the metabolism of various substances that help control the nervous system. One of the culprits was found to be tyramine, present in aged cheese, red wine and processed meats. So try removing these from your diet.

According to the New York Headache Centre, other triggers may include artificial sweetener aspartame, monosodium glutamate (a flavour-enhancer often found in Chinese takeaways), nitrates (found in root veg such as beetroot) and nitrites (found in cured meat).


Gluten intolerance has also been linked to headaches – in a recent study, 35 per cent of people with gluten sensitivity reported headaches as a symptom.

Caffeine withdrawal and skipping meals have also been connected, and one Swedish study found, perhaps unsurprisingly, that women who drank more alcohol were more likely to report frequent headaches. So, keeping a food diary may help you to recognise your triggers.

Two nutrients that may help are magnesium – levels of which tend to be lower in migraine sufferers – and riboflavin. Magnesium is found in leafy veg, grains and nuts, while riboflavin is found in meat, eggs, beans, nuts and dairy.

A recent study in *Journal of Clinical Neuroscience* also found people who had a nighttime snack were 40 per cent less likely to have a headache the following day than those who didn't eat after dinner, pointing to low blood sugar as a trigger. But staying

hydrated is important, too!

Among the most common recommended supplements are magnesium, the B Vitamin riboflavin and Co-Enzyme Q10. Studies show each of these nutrients has a theoretical mechanism for the effect on a migraine – for example studies have shown that migraine sufferers have low brain magnesium during an attack – and has had at least one placebo-controlled trial that has demonstrated prevention. Inner Me's Daily 4 30/40+ is a well-balanced combination of supplements blistered in daily strips which include a multivitamin, providing a spectrum of B vitamins and magnesium, and a 100mg capsule of Co-Enzyme Q10. 

3 WF'S TOP MIGRAINE SUPPLEMENTS

1 Holland & Barrett Magnesium Tablets

Magnesium should help to keep you headache-free.

● From £9.99, hollandandbarrett.com



2 Inner Me Daily 4

Keep magnesium high and get a good dose of Co Q10 with this fab supp.

● £20, innerme.co.uk



3 Nature's Best CoQ10

Try this for a clear head.

● From £18.50, naturesbest.co.uk



WF's foodie tips

Try these headache-relievers

1 LEAFY VEG

Once again, the green leafy stuff is your BFF



2 EGGS

Tuck into these for your brekkie



3 WATER

Chug it to keep migraines at bay



FOR MORE GREAT HEALTH AND NUTRITION TIPS, VISIT WOMENSFITNESS.CO.UK

BEAUTY

92 Face facts // 95 Hot new products // 96 Tried and tested

JEEPERS PEEPERS!

We've all heard that beauty can come at a price, but did you know that even a subtle smoky eye can have serious implications when it comes to your vision? New research has found that what your mother told you is true: you should be wary of applying make-up inside the waterline. Adding eyeliner inside the lid causes up to 30 per cent more harmful particles to enter your peepers, which can lead to irritation, blurred vision and even a damaged tear duct. However, this doesn't mean you have to lay off the liner for life! Simply sharpening your eye pencil before each use and removing all your make-up before bedtime can help to reduce the risk of infection and irritation. Clinique's Naturally Gentle formula is the perfect make-up remover for sensitive eyes.

● £16, clinique.com



BEAUTY : FACE VALUE



Face your problems

From wrinkle busters to complexion correctors, Katherine Ducie finds the perfect facial for every skin complaint

The hefty price tag attached to some facials can be off-putting when it comes to treating skin to some TLC.

You probably wonder if it's really worth your hard-earned cash. But remember this: we have our skin for life, so nourishing it is a worthwhile investment.

Think of going to have a facial in the same way you think of going to the dentist. Taking care of your skin at home should be an essential part of your routine, just like brushing your teeth. But once in a while you need to sit and talk things through with an expert to resolve any issues and obtain the best advice.

Your skin is ever-changing, thanks to our hormones and our environment. It's (almost) as unpredictable as the British weather: one year it may be oily, and the next you're dealing with tight, dry skin. Treating yourself to a facial can give you a total refresh, cleansing and clearing the pores in a way you can't achieve at home.

So, whether you fear your skin is ageing, too oily or getting easily irritated and red, we've got a facial for you.

The spot-fighter

Hormonal skin, prone to blemishes, can leave you with a fight on your hands. Don't make the mistake of skipping the moisturiser: even with oily skin it's important to replenish the face with moisture because you're at risk of your pores naturally producing even more oil to compensate if you don't. The Elemis Blemish Control Facial works to reduce

breakouts and declog pores through the use of ultrasonic peeling and blue LED light technologies alongside an anti-bacterial salicylic acid.

'Oily, blemish-prone skin is also sensitive skin, and needs extra care to prevent damage and further congestion. The new Biotec LED Blemish Control Facial is a powerful, effective clarifying treatment. It combines the very best technological experience with unique hands-on therapy to create the ultimate spot-fighting treatment,' says Noella Gabrielle, director of product and treatment development at Elemis. **● £60 for 60 minutes, elemis.com**

The skin-soother

Red, irritated skin can be hard to disguise. The Redness Therapy Facial from leading skincare brand Murad is designed with irritated skin in mind, including those with rosacea and broken capillaries. Two uniquely formulated anti-inflammatory masks hydrate the face and strengthen the skin's barriers. With almost instant results, your skin will be left soothed and calm.

Assistant spa manager at RE:SPA, Elena Smith, shares her tips on looking after red skin, 'In terms of easing red skin, I would always stick to sensitive skincare lines and prevent skin from overheating by using soothing and non-abrasive products, as well as keeping the skin well hydrated.'

● Redness Therapy Facial, £78 for 50 minutes, respalondon.co.uk

The moisture booster

Dry skin can leave you feeling a little lacklustre, and with an uneven base for make-up application. For a moist, polished fresh-faced finish, the HydraFacial from Dr Rita Rakus is your answer. Clinically proven to reduce the appearance of fine lines, wrinkles and enlarged pores, as well as pigmentation and brown spots, it's a fix that works for every skin type.

'Loved by the likes of Kate Winslet, Beyoncé and Eva Mendes, this 50-minute procedure combines gentle, but deep, exfoliation with hydrating and antioxidant-rich serums that provide an immediate glow without reddening,' says Dr Rita. **'The results are deemed superior to more aggressive chemical peels and microdermabrasion, offering quick, relaxing and effective results.'**

● £175 for 50 minutes, drritarakus.com

The stress-reliever

The way you're feeling can affect your hormones and, consequently, your skin. When you're stressed you produce cortisol, which can increase oil production. The Swiss Relaxing Anti-Stress Therapy treatment from Cellcosmet uses a combination of cyto and phyto plant extracts, which work together to deliver radiant skin. **'In our Anti-Stress mask, we use oligopeptides from millet seeds,'** says Cellcosmet UK skincare specialist, Sharon Alleary. **'These counteract the effects of cellular ageing caused by stress, recharge overworked and tired-looking**



→ skin, and brighten the complexion. The treatment consists of a double cleanse followed by electrolytic toner as well as gentle peeling to remove the dead skin cells that cause a dull complexion. Once the dead cells are removed, the Activator Gel is applied to encourage a deeper absorption of the mask.'

● **£127 for 90 minutes,** swisscell.co.uk

The age-defier

We're all guilty of studying our faces for wrinkles. Whether you're in your 20s, 30s or 40s, it's never too early, or too late, to take action against premature ageing.

'To help delay the signs of ageing it is essential to keep not only your skin, but your body as a whole, healthy,' says Sharon Hilditch, MD at Crystal Clear Skincare. 'Drink plenty of water and eat fresh vegetables and fruits that are high in antioxidants, and cut out junk and spicy food.

These types of food can have a negative effect on the function of your skin and can contribute to premature ageing. Stop smoking (nicotine constricts blood vessels and decreases the flow of oxygen to the skin) and make sure you pay attention to the neck and chest area. This has fewer sebaceous glands, which means it will show signs of ageing first.'

Try the Comcit treatment from Crystal Clear. It's split into a four-part process: oxygen chills and energises; a micro-channelling roller powerfully rejuvenates and opens the skin; the tropical Cellular Infusion Solution fights skin ageing; and a final oxygen infusion restores peace.

● **£75 for 45 minutes,** crystalclear.co.uk

The revitaliser

A lack of sleep and vitamins can leave skin looking dull. The Need a Spring Clean facial from Temple Spa combines micro-electrical currents to draw impurities in the skin to the surface along with feeding it



with detoxifiers that instantly work to brighten skin tone. Katie McCaffrey, Temple Spa's skincare expert, explains how to get these results at home: 'Start with Temple Spa's Way To Go Cleanser to remove any impurities and follow with Power Breakfast to help remove dead layers of skin and promote even skin tone. Then, apply a layer of the Purification mask, which is rich in Kaolin Clay and trade minerals to strengthen fragile skin and reduce inflammation.'

● **£75 for 60 minutes,** templespa.com

3 WAYS TO PAMPER YOUR SKIN AT HOME

CASMARA INSTANT FACE LIFT MASKS

These intelligent masks are the answer to an at home facial. Why not give yourself a little luxury with their rejuvenating algae mask made from 34 carat gold!

● **£9.99, boots.com**



FOREO LUNA

This nifty device uses low-frequency pulsations to zap fine lines and reveal radiant, younger looking skin.

● **£145, boots.com**



ÉMINENCE ORGANIC SKINCARE STARTER SET

Cleanser, moisturiser, mask and skin-boosting serum – these kits have everything you need.

● **From £39,** theskinsmith.co.uk



'We have our skin for life, so nourishing it is a worthwhile investment'



Legs, bums and tums

Add the finishing touch to your hard work in the gym with the Aromessence Sculpt Firming Body Serum from Decleor. The lightweight formula improves skin elasticity and helps prevent annoying sagging and stretchmarks, leaving your problem areas toned and sculpted.

● £27, fragrancedirect.co.uk

Complexion perfection
This awesome new product from Cellcosmet is the ultimate halfway house between foundation and tinted moisturiser. The 'complexion rejuvenating' cellular treatment is silicone-free and ticks all the right boxes, leaving your skin clear, radiant and youthful.

● £150, swisscell.co.uk



Instant energy
Containing Siberian ginseng to reactivate the skin's mitochondria (your cells' powerhouses), Sothys Energizing Boosting Serum is like an energy drink for your skin. The lightweight formula improves the texture of the skin, corrects imperfections and prevents ageing, resulting in a naturally radiant glow. It also shields from external aggressors, protecting you from the potentially damaging effects of your environment.

● £59, sothys-uk.co.uk



Bright stuff

Darker colours can sometimes feel heavy on your lips, but Bobbi Brown's new Sheer Lip Color range is so lightweight you can barely tell it's there. Available in three showstopping shades, there's an option for every skin tone - so now it's easier than ever to rock berry, pink or even orange lips to match your after-work daquiris.

● £19.50, bobbibrown.co.uk



BEAUTY HEROES

Update your look-hot routine with these fab new finds

Weather woes

Your skin changes with the weather, so give it the best protection all year round with Salcura's Four Seasons Hand Therapy range. Each pot offers a natural defence against eczema, dermatitis and other common skin problems, and contains ingredients specific to each season.

● £12.99, salcuraskincare.com



Eternal summer

We know how annoying it can be to work hard to achieve that perfect summer tan, only for it to fade in what seems like minutes! This miracle Tan-Saving Shower Gel maintains your colour, with a neutral pH to prevent stripping the skin of its natural oils. Plus the all-natural product smells amazing, with aloe vera and citrus. Winner!

● £12.99, forallmyeternity.com



Nail it!

Embrace your inner Van Gogh with the MoYou Stamping Nail Art set, which takes all the difficulty out of creating the perfect fun manicure. With more than 10,000 designs to choose from, this is definitely one of our favourite products this month!

● £22.99, boots.com



Sunny showers

Confidence-boosting, energising and liberating, yellow is the colour of the hour. Add a splash to your morning routine with this luxurious Yellow Day Body Lotion from Prismologie. Containing citrine and bergamot fragrance, the lotion smells downright scrumptious and leaves you moisturised and radiant all day.

● £30, uk.spacenk.com





Lie down and bliss out...

3 of the best treatments

We cherry pick the hair, face and body treats designed to make life that little bit sweeter

The crazy colour makeover

WHAT: Bleach and Super Cool Colours, from £150

WHERE: Bleach London, bleachlondon.co.uk

THE LOWDOWN: The name of this treatment is no lie – these colours really are super cool. I went for a not-so-subtle blend of pink, orange and red. My hair was a faded blue prior to this so Brad had to start with some bleaching to get a blank canvas. Since I was after a colour that really lasted, we decided on some brights and neons, all placed randomly but blended. These faded into a series of gorgeous pastels of various shades of pink and peach.

Genius!

Translating your crazy visions into reality is what these guys love.

THE VERDICT:

Locks full of colour and life.
Amanda Khourv

Detoxifying body treat

WHAT: Aveda Beautifying Body Wrap, £89 for 60 minutes

WHERE: Selected salons and spas nationwide, aveda.co.uk

THE LOWDOWN: Celebrating Aveda's divine and uplifting Beautifying range, the new Body Wrap Treatment is a must-try! After a Beautifying Creme Cleansing Oil foot bath, your body is expertly brushed to remove dead skin and stimulate your circulation then you're wrapped in a detoxifying and self-warming seaweed mask. You're treated to a seriously relaxing scalp massage and reflexology while cocooned, before washing off the

mask and enjoying a full-body massage.

THE VERDICT:

I felt better than brand new after this treatment!
Joanna Knight

The skin rejuvenator

WHAT: Voya Signature Seaweed Leaf Wrap, from £105 for 90 minutes

WHERE: Select locations nationwide voya.ie

THE LOWDOWN: If you're after a detoxifying fix, this is your best bet. Your entire body is brushed then exfoliated using a 'glow' scrub made from ground seaweed, dried lavender and sugar cane to prep the skin for absorption of the fresh seaweed's vitamins and minerals. The hero plant also contains a natural oil (great for anti-ageing and cellulite), which made my skin feel incredible. The treatment

finished with a massage using the residue oil and Voya's Softly Does it moisturiser.

THE VERDICT:

My skin looks and feels years younger!
Lisa Nguyen



NUTRITION

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BREAKFAST LIKE A QUEEN

While a flakey croissant or slice of buttery toast might sound appealing first thing in the morning, the best way to start your day is with a serving of protein, experts say. Eating protein in the morning can help to regulate blood sugar levels throughout the day (which in turn keeps your metabolism in check), keeps you full until lunch time *and* plays a key role in preventing type 2 diabetes.

But if you just can't face eggs in the morning, try adding a scoop of protein powder to your porridge, or making a low-sugar protein pancake or muffin. For inspiration, check out *Protein Pow(d)er: The Cookbook* by Anna Sward to transform your mornings.

THE BIG FAT MYTH

Forget what you *think* you know about fats.
Nutritionist **Christine Bailey** explains why
you need to eat up to slim down



For years fats have been bad-mouthed, with experts claiming that not only will eating fat make us fat, but it will also increase our risk of heart disease and chronic illnesses.

But nothing could be further from the truth: in fact, avoiding fat could be causing your health more harm than good.

Fat is essential; it's crucial for the functioning of all your body cells, it's an important fuel source for your brain and body, it helps you burn fat, it encourages the production of essential hormones and it keeps your organs functioning optimally. It also boosts your vitamin A, D, E and K levels – without fat, your body can't absorb them.

But before you tuck into that doughnut, remember, not all fats are created equal: trans fats (often labelled hydrogenated fat) found in processed foods, deep-fried foods and some spreads should have no real place in your diet. Too many trans fats could cause chronic inflammation and other health problems.

WHAT ARE GOOD FATS?

There are certain fats that are essential – our bodies cannot make them so they must be obtained from our diet. While both omega-3 and omega-6 are classed as 'essential', in reality most people have too much omega-6 (found in grains, nuts, seeds and vegetable oils) and not enough omega-3 (the best source of which is oily fish). The types of omega-3 believed to be most important for your health are the long-chain fats eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), and these are found

exclusively in seafood and marine algae. There are vegetarian sources of omega-3 as alpha-linolenic acid (ALA): chia, flaxseed, hemp and walnuts. However the conversion of ALA into the important compounds EPA and DHA is very poor. The lowdown: if you avoid fish you are unlikely to be getting enough.

Other types of fat are also beneficial for health. Monounsaturated fats – found in foods such as avocados, macadamia nuts and olive oil – help lower inflammation and are known for their heart-protecting benefits. And don't shun saturated fats either: roughly half of our cell membrane structure is composed of saturated fat, and saturated animal fats, such as butter or fatty organ meats, contain huge amounts of essential fat-soluble vitamins. They are also the safest fats to cook with as they are very heat-stable.

Coconut contains a type of saturated fat called medium-chain triglycerides (MCTs). MCTs are more likely to be used by your body as a fuel, rather than being stored on your waistline. Coconut oil is also rich in immune-supporting lauric and caprylic acid, making it ideal for overall health.

SO, EATING FAT WON'T MAKE ME FAT?

Fat doesn't make you fat. In fact, the right fats will actually help you lose weight. Fat is very satiating, especially when combined with low-carb, high-protein eating. Get the right balance and you are less likely to overdo it at mealtimes.

Omega-3 fats are particularly good for weight loss. They help keep your cell membranes flexible, which means your cells are more sensitive to insulin. By increasing insulin sensitivity, you enable more glucose to be burnt as energy rather than being dumped as fat in the body.

AND THERE'S MORE...

Omega-3 fats don't just help us stay in shape. Numerous studies have demonstrated a whole range of health benefits:

HEART HEALTH: Anti-inflammatory fish oils have been shown to keep blood vessel walls and heart tissue healthy, reduce fibrosis, improve functioning of

THE NO-BLOOD SPOT TEST

If you're experiencing any of the following symptoms, you could need more omega-3

- Difficulty losing weight
- Low mood, depression, irritability
- Foggy head, poor concentration
- Dry or rough skin, cracked heels
- Dry hair or dandruff
- Dry eyes
- Chronic hunger
- Joint stiffness, arthritis
- Fatigue
- Soft or brittle nails
- High blood pressure



heart muscle cells and boost metabolism of cholesterol.

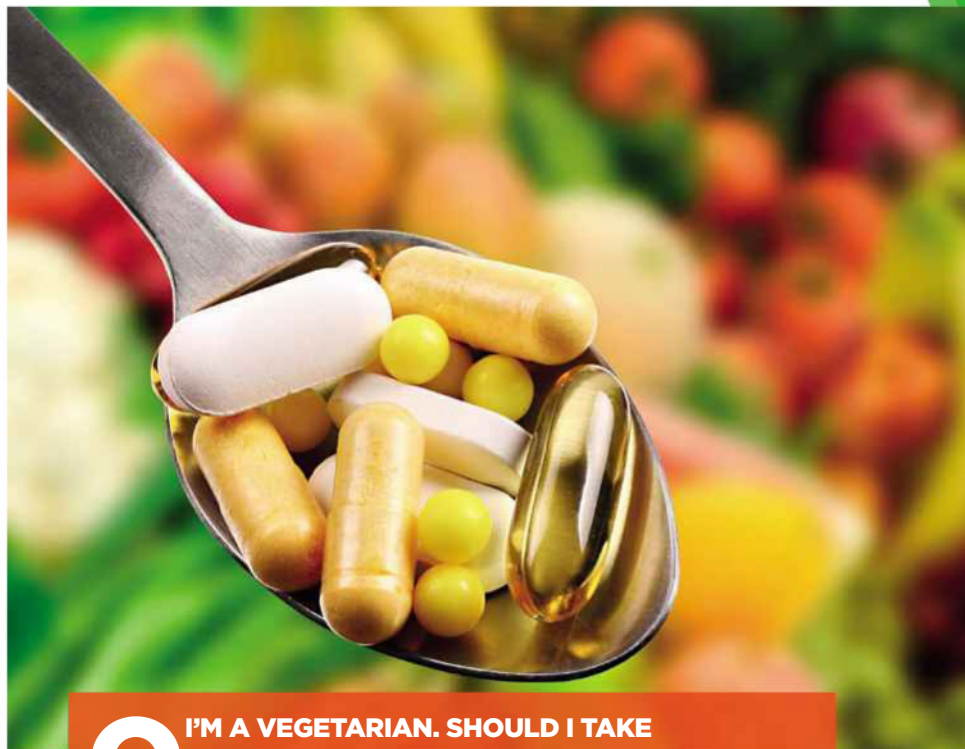
INFLAMMATORY CONDITIONS:

Chronic inflammation is associated with many health conditions. Getting the right balance of essential fats in your diet helps lower inflammation and may help treat conditions such as asthma, rheumatoid arthritis, inflammatory bowel disease and skin conditions.

SKIN QUALITY: Fat is a beauty food. Oily fish, coconut oil, avocado and olive oils all nourish the skin, provide essential fat-soluble vitamins and may be helpful in treating conditions such as eczema and psoriasis.

'Getting the right balance of essential fats helps to lower inflammation'





Q I'M A VEGETARIAN. SHOULD I TAKE OMEGA-3 SUPPLEMENTS?

Yes, it's likely that you'll benefit from a daily supplement, especially if you suffer from any of the symptoms [previous page]. The best supplements are those with high levels of DHA and EPA. As well as supps, you could also use omega-blended oils (containing ALA) drizzled over food or used in dressings (but do not cook with them as they are heat sensitive).

OMEGA BOOSTERS

Supplement your diet with these oils to hit the optimum balance

BIOCARE BIOMULSION OMEGABERRY

● £23.99, nutricentre.com

MEGARED KRILL OIL

● £17.99, boots.com

NORDIC OIL HIGH STRENGTH OMEGA 3

● £26.99, amazon.co.uk

MINAMI NUTRITION VEGAN DHA

● £31.55, revital.co.uk

UDO'S CHOICE ULTIMATE OIL BLEND

● £11.99, revital.co.uk

LUCY BEE EXTRA VIRGIN COCONUT OIL

● £12, hollandandbarrett.com



MOODS: Omega-3 EPA and DHA are known as 'brainy fats' – not only are they essential for building and rebuilding your brain but can influence mood, too. This is because they influence levels of serotonin, our 'feel good' neurotransmitter. Higher intakes of fish oil have been linked to low frequency of depression and may help reduce stress and anxiety.

COGNITIVE FUNCTION: There are lots of studies that demonstrate fish oil's ability to aid cognitive function, protecting against autism and ADHD symptoms such as hyperactivity, poor attention and impulsive behaviour. Other studies show a link between low intake of fish oil and an increased risk of Alzheimer's and Parkinson's disease.

ON BALANCE

The balance of omega-3 and -6 in our diets is crucial. Excess omega-6 can block absorption

of omega-3 – and studies suggest our Western diet contains between 10 and 25 times the optimal level of omega-6. The ideal ratio of omega-3 to -6 is estimated to be between 1:1 and 1:3, but how do you know if you have the right balance? Home spot blood tests are now available (order via christinebailey.co.uk) or, for the faint-hearted, go by your symptoms (previous page).

The best food sources of fish oils include wild salmon, herring, kippers, sardines and mackerel. Though they are omega-3 sources, larger fish such as tuna, marlin or swordfish are more likely to be contaminated with toxins. As a result the Food Standards Agency recommends pregnant and breastfeeding women should limit their intake of tuna to no more than one fresh tuna steak or two medium tins per week, and avoid swordfish, marlin and shark (note that tinned tuna is not a good source of omega-3 oils).



'Fat doesn't make you fat. In fact, the right fats will actually help you lose weight'

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Eat your sprouts!

Sprouting is the new buzzword in the foodie world, says **Ellie Moss**

We love a hot new healthy eating trend as much as the next gym bunny.

So this month we've decided to take a look at the growing (sorry!) popularity of sprouting to find out what it's all about and why it's such big news.

'People are becoming more interested in nutrition, and in particular "clean eating", minimising their reliance on processed foods,' says registered nutritionist Dr Carina Norris. 'Sprouting fits nicely into this way of thinking. It's also a technique that can be applied to a wide variety of foods with different flavours, textures and health benefits.'

The fact that sprouts are vegan-friendly, but high in protein, has also helped to fuel this trend. 'A rise in vegetarian and vegan diets has also led to a surge in demand for sprouted seeds as they are a rich source of non-animal protein. They are fresh, affordable, natural and very versatile,' says Michelle Butler, registered dietitian at GOOD4U Food and Drink. But what are they?

THE SEEDS OF GOOD HEALTH

Basically we're talking about taking a wholegrain, nut or bean and bringing it to sprout as though you were planning on planting it... and then eating the sprouted seed. 'Sprouting involves soaking grains or seeds in water, then allowing them to germinate before eating them. You're basically eating the baby plant when it's a few days old,' says Dr Norris.

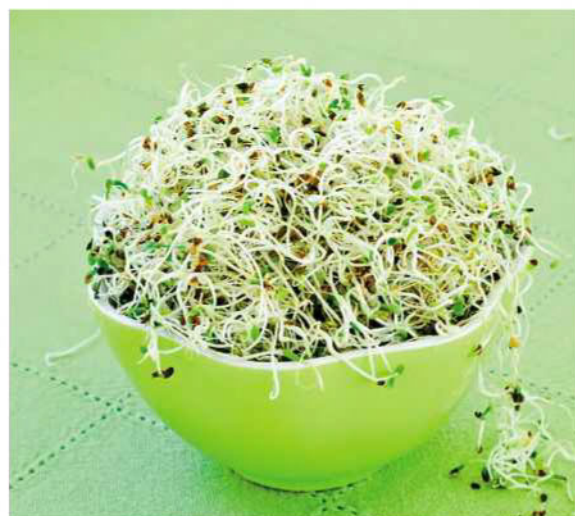
Sounds a bit weird, right? Well, yes, but once you start to see what they can do for your health you'll be sold. Sprouting is a great way to get more from everyday

foods thanks to the changes that happen during the process. 'Complex biochemical changes occur during hydration and sprouting, making nutrients more bioavailable, which means that they are easier to digest and absorb due to their high enzyme content,' says Michelle. 'The nutritional changes that occur during sprouting are due to the breakdown of complex compounds into a simpler form. Sprouting causes increased activities of hydrolytic enzymes, improvements in the contents of total proteins, fat, certain essential amino acids, total sugars and B-group vitamins, and a decrease in absorption-slowing phytates and protease inhibitors.'

Sprouted foods also boast loads of health benefits. According to a University of Ulster study, just a few forkfuls of sprouted vegetables could help to protect against cancer. A study by University of Pittsburgh Schools of the Health Sciences found that broccoli sprouts could potentially help to protect against head and neck cancer. As if that wasn't enough, studies have also shown that sprouted buckwheat could help to decrease blood pressure and sprouted rice could help fight diabetes and reduce risk of cardiovascular disease. Another study published in *Food Chemistry* found that sprouted brown rice flour could increase the protein lipid and antioxidant activity in gluten-free breads. All in all, it's pretty impressive stuff!

POWER PLANTS

Keen to give it a go? Well, the good news is, it's not that tricky and you can sprout loads of different types of food. 'Just





'Studies have shown that sprouted buckwheat could help to decrease blood pressure and sprouted rice could help fight diabetes and cardiovascular disease'

QUINOA AND BEAN SPROUT SALAD

Try this sensational sprouts recipe from food blogger Harriet Emily Smith (harrietemily.com)

Serves 4-6

Ingredients

- 90g tricolore quinoa
- 1 large carrot
- 1 large courgette
- 2 large spring onions
- 240g mixed bean sprouts

For the dressing

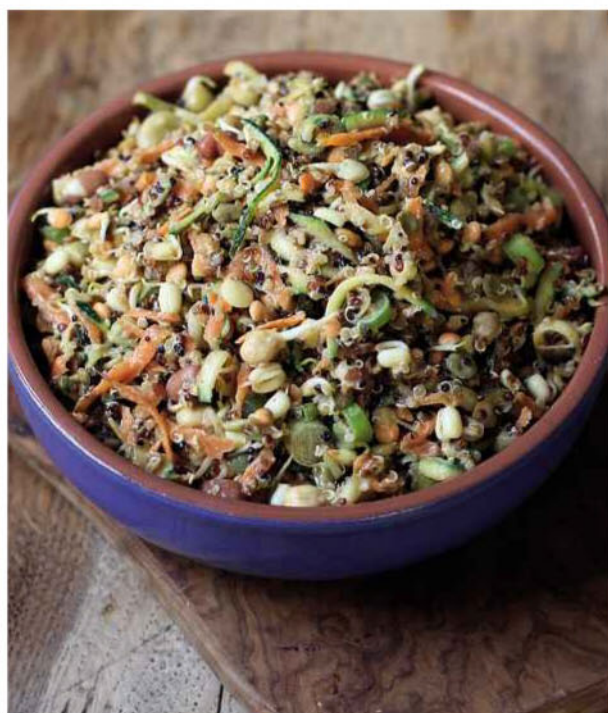
- 4tbsp fresh lemon juice
- 1tbsp tamari soy sauce
- 1tbsp sesame oil
- 2tbsp smooth peanut butter
- 2 garlic cloves, crushed
- 1tsp medium curry powder
- ½tsp ground ginger
- 1tsp rice syrup

1 Firstly, cook the quinoa. Fill a pan with water and place over a medium-high heat. Bring the water to a boil, and add in the quinoa. Cook the quinoa for around 15-20 minutes.

2 In the meantime, prepare the rest of the salad. Grate the carrot and the courgette at a slight angle (to elongate the strips) then place into a large mixing bowl. Then, finely slice your spring onions, and add them into your bowl, followed by the bean sprouts. Set aside.

3 Next, make the dressing. Add your lemon juice, soy sauce, sesame oil, peanut butter, garlic, curry powder, ginger and rice syrup into a small mixer and blend until a smooth, fairly thick dressing has formed. Set aside. Feel free to adjust any of the seasonings to suit your tastes.

4 When the quinoa has cooked, remove it from the heat and set aside to drain and cool quickly. Then, pour the quinoa into your salad bowl. Mix all of the ingredients together, and then pour in your dressing. Toss all of the salad ingredients in your bowl until evenly covered in dressing, and serve.



STOCK UP ON SPROUTS

Here's the lowdown on a few great sprouts that pack a big punch

GOOD4U SUPER SPROUTS

These little beauties pack an impressively nutritious punch and can be easily added to your salads and sandwiches.

● £1.25, Tesco

RUDE HEALTH ORGANIC SPROUTED WHOLE WHEAT FLOUR

Jam-packed with nutrients, this flour is made from sprouted red wheat grains and is perfect for making bread.

● £4.49, rudehealth.com

RAW CACAO AND VANILLA BUCKWHEAT GRANOLA

Crunchy and tasty, this granola is made from sprouted buckwheat – great sprinkled over yoghurt for brekkie. Yum!

● £5.99, planetorganic.com



→ think of foods that you could plant in the ground and grow! Try alfalfa, broccoli, mustard and cress seeds. Many pulses such as chickpeas, mung beans, aduki beans and whole lentils work, too. Or try whole wheat or barley berries, or buckwheat – just make sure that the grains haven't been heat-treated, which would kill them,' says Dr Norris.

'Any of them are great, and more easily digestible than the unsprouted form. Broccoli sprouts deserve a special mention. A one-cup serving provides over half your daily vitamin C requirement, plus they're rich in a powerful antioxidant called glucoraphanin, which could help protect us from cardiovascular disease. Glucoraphanin is also converted in the body to a sulphur compound called sulforaphane, which appears to have anti-cancer properties, and you'd have to eat 50 times the amount of fully grown broccoli to get the equivalent amount of glucoraphanin found in sprouts,' says Dr Norris.

But be aware of the risks, too: 'Sprouts can be a source of serious food poisoning from dangerous

bugs including salmonella and E coli, so always be scrupulously hygienic, and only buy seeds intended for sprouting, from reputable suppliers,' says Dr Norris.

TIME TO GROW

It's easier than you might think: 'You just need some basic sprouting equipment – jars or trays. Plus of course some forward planning – sprouts take two to five days to grow,' says Dr Norris. Not sure if you're ready to get green fingered? Don't worry, they're stocked in a huge range of health stores, too.

Wondering what people will think of you scoffing handfuls of sprouted veg and grains at your desk? Don't worry, sprouted foods are easy to incorporate into a huge range of dishes. 'We virtually throw them on anything, they are so versatile and add a real crunch to dishes,' says Michelle. 'They are so fresh and vibrant and you can taste the goodness. Jazz up your sandwich, sprinkle on soup, add to pasta dishes or stir-fries, throw into smoothies and scatter over your salad.' 

SPROUTED GADO-GADO SALAD

Literally translated the word Gado-Gado means 'potpourri' or 'medley', the perfect description for this mixed veg salad from blogger Hanna Sillitoe (beyondfit.co.uk). Hanna says: 'Gado Gado varies depending on what's available seasonally and locally, so feel free to mix it up.'

Makes 2 salads!

Ingredients

- 2 eggs
- ½ sweet potato
- 50g tofu
- 6 radishes
- 3 carrots
- 10 asparagus spears
- 50g green beans
- ¼ cucumber
- Handful of sprouted beans and seeds

For the sauce

- 1tsp of coconut oil
- 1tsp of honey
- Chunk of ginger (grated)
- Clove of garlic, chopped
- 2 shallots
- ½ tin coconut milk
- 3tbsp nut butter
- Pinch of salt
- Squeeze of fresh lime juice

1 Wash and chop the radishes and cucumber, peel the carrots and slice into strips. Split across two bowls,

arranging them neatly around the centre. Add the sprouted beans, the seeds and the cubes of tofu to each.

2 Peel and chop the sweet potato into cubes. Boil a pan of water and add the chunks to the water. After about 10 minutes add the eggs to the water and place a bamboo steamer on top with the asparagus spears and green beans in it. Heat for a further 7 minutes then take off the boil.

3 Drain the potatoes and peel the eggs. Add these and the greens to the bowl with some fresh lime juice. Add the sauce (below) then sprinkle some sesame seeds and sprouted seeds and enjoy.

The sauce


1 Warm a teaspoon of coconut oil in a frying pan. Then add the shallots, the grated ginger, the garlic and the lime juice.

2 After frying on a gentle heat for 10 mins, pour in the coconut milk and keep the sauce on a low heat. Add your nut butter, the salt and the honey. Stir to mix well.

3 Turn the heat off and allow the sauce to cool for a minute or two. Then drizzle over the salad to add a delicious, nutty dressing.



'Sprouted foods are so versatile and add a real crunch to dishes'



Should you believe the hype surrounding running-shoe tech?

TECHNOLOGY

BUSINESS

SCIENCE

LIFE & CULTURE

THE FUTURE

alphr.com

A fresh take on technology

Madeleine's
top 5 kitchen
essentials:

- 1 Coconut oil
- 2 Cinnamon
- 3 Smoked paprika
- 4 Himalayan salt
- 5 Almonds

Pure & simple

Looking after your body both inside and out is easy with Madeleine Shaw's *Get the Glow*

It's true that food does for us what fuel does for a car, but food is also so much more than that – as evidenced in Madeleine Shaw's new cookbook, *Get the Glow*.

The nutritional health coach helps keep some of our fave fit celebs in good health and, with these super-simple recipes, she can help you too.

If you're a fussy eater, don't worry, there's still something for you here. Not only is the book packed with sugar-free and wheat-free options, it also features ingredients that won't break the bank. It truly is for real people who enjoy food, live a normal life and want to get in shape.

First things first, according to Madeleine: ditch those faddy diets. 'I was sick of seeing women go on diets and fall off the bandwagon,' says Madeleine. '*Get the Glow* was inspired by the education I had in Australia and the Aussie approach to healthy eating – which is a lifestyle, not a diet.' And, although those who've been brought up

on cleaner foods might have a headstart in living a healthy life, everyone's got to start somewhere – and when you do, *Get the Glow* makes it manageable.

'My mum's quite healthy, so I was used to eating veg as a child, but living in Australia really changed my relationship with food and ignited my passion,' she continues. 'Eating healthy food doesn't need to be a chore, either. It can be as quick and easy as searing some salmon and slicing up an avocado and cherry tomatoes – this is quicker than pasta!'

And, now that the information out there is so accessible and abundant, what better time to turn over a new nutritional leaf? Books like *Get The Glow* have put healthy eating firmly in the spotlight, and you can get a slice of the (crustless) pie, too. 'Eating healthily is so popular now because it makes you feel good,' Madeleine explains. 'We can see the ways of the past have been wrong – they haven't made our lives better.' But these five recipes will. Guaranteed.



CAULIFLOWER PIZZA, FOUR WAYS

A pizza base made from cauliflower is the best invention ever. Fun to make, gluten-free and delicious. I've given you a few ways to enjoy your feast: the base is always the same, the garnishes are up to you.

Makes 2 pizza bases with tomato sauce

Basic base:

- 1 small cauliflower, stalk removed and roughly chopped
- 2 egg whites, whisked
- 1tbsp oregano
- 6tbsp quinoa flour (or other gluten-free flour alternative)
- 1tsp coconut oil, melted
- 1tbsp coconut oil
- 1 white onion, very finely chopped
- 1 tsp dried rosemary
- 400g tin chopped tomatoes
- Salt

1 Preheat the oven to 180°C/350°F/gas mark 4.

2 Put cauliflower into a food processor and pulse until you have a fine texture (smaller than rice, but not quite flour). Add the egg whites, a large pinch of salt, the oregano and the flour, and blitz until a dough forms.

3 Grab a baking sheet, line it with baking paper and put half of the dough on it. Place another square of baking paper over the top, then roll or press out the pizza base with a rolling pin or spoon, until you have a circle about 1cm thick. Repeat with the other half of the dough on a separate baking sheet.

4 Brush the melted coconut oil over the pizza bases. Put them



both in the oven and cook for 20 minutes.

5 Meanwhile, heat 1tbsp coconut oil in a saucepan over a medium heat for 1 minute, then add the onion, rosemary and a pinch of salt and sauté for 5 minutes.

6 Add the tomatoes and cook for another 10 minutes at a medium simmer until the sauce is slightly reduced.



7 Pour the tomato mix on to the base, and pick an option...

OPTION 1: BACON AND RICOTTA

Scatter 200g ricotta, cut into chunks, and 6 chopped bacon rashers, on the base after the tomato sauce, and cook at 180°C/ 350°F/gas mark 4 for 8-10 minutes.

OPTION 2: PESTO, SUN-DRIED TOMATO

AND GREEN OLIVES
Cook the pizza with the tomato sauce on it for 8-10 minutes at 180°C/ 350°F/Gas mark 4.

Then scatter on 50g sun-dried tomatoes, 50g green olives and 3tbsp of green pesto.

OPTION 3: CHEESE AND PEPPER

Top with half a red pepper, 100g mozzarella and 1 red chilli, all sliced, and cook

at 180°C/350°F/Gas mark 4 for 8-10 minutes.

OPTION 4: GOAT'S CHEESE, SPINACH AND PINE NUTS

Soak 100g spinach in boiling water for one minute, then drain. Place the spinach, 50g pine nuts and 100g goat's cheese, crumbled, atop the tomato sauce, and cook at 180°C/350°F/gas mark 4 for 8-10 minutes.

LEMON SOLE, PANCETTA, PEAS AND SALSA VERDE

My golden rule: always make sure you have peas in the freezer. They will go in pretty much anything, and this dish illustrates that perfectly. Lemon sole is a beautiful soft, white fish, and with the saltiness of the pancetta and that fresh burst from the peas, you have a winning combination.

Serves 2

- 50g flat parsley
- 50g basil
- 100ml olive oil
- 1tbsp capers
- 1tbsp cider vinegar
- 1tsp mustard

- 2 lemon sole fillets
- 4 pancetta rashers (or Parma ham)
- ½tbsp coconut oil
- 100g petits pois
- Juice and zest of 1 lemon
- Salt and pepper

1 Make the salsa verde first by blending the parsley, basil, olive oil, capers, vinegar and mustard. Blend until you have a smooth paste, and set aside.

2 Salt and pepper the fish fillets, and set them aside.

3 Heat a frying pan over a medium heat and grill the pancetta for 1 minute

on each side, until crisp, then set aside.

4 Heat the same pan with ½tbsp coconut oil over a medium to high heat. Wait until the oil starts to bubble, then fry the fish for 2 minutes on the first side, then 1 minute on the second. Put the cooked fish to one side.

5 Throw the petits pois into the pan and sauté them over a medium heat with the lemon juice for a few minutes, then serve on the side of the fish with a smear of salsa verde and the pancetta.



PEA AND DILL OMELETTE WITH SMOKED SALMON

Omelettes are great – you can mix up the contents and totally transform them. This one has a nice Nordic feel, thanks to the fresh dill and salmon. Adding lemon at the end pulls everything together and is very alkalising for the body.

Serves 1

- 1tbsp butter or coconut oil
- ½ small white onion, finely chopped
- 1 small handful frozen peas
- 2 eggs
- 1tsp chopped fresh dill
- 100g smoked salmon
- ½ lemon, cut into wedges
- Salt and pepper

1 Heat ½tbsp oil in an omelette pan for 1 minute, then add the onion and sauté for 5 minutes over a medium heat. Add the peas and stir for another minute. Tip the cooked veg on to a plate and put to one side.

2 Whisk the eggs in a bowl, and heat another ½tbsp oil in the empty pan over a medium heat for 1 minute. Pour in the egg mixture, let it cover the sides of the pan, and after 30 seconds gently pull the sides of the eggs towards the centre with a wooden spoon, allowing the uncooked egg mix to move into the gaps.

3 Throw in the dill, a pinch of salt and the pea and onion mix so they are on top of the eggs. Fold the omelette in half and allow it to cook for another 30 seconds, then serve with smoked salmon, lemon wedges and freshly ground pepper.





SEEDY ENERGY BARS

These bars are a nut-free snack that will boost your energy levels and keep you fuller for longer. They contain an array of textures and flavours: the healthy seeds marry perfectly with calcium-loaded tahini. No more afternoon tiredness!

Makes 12 bars

- 1 ripe banana
- 2tbsp coconut oil, plus extra for greasing
- 4tbsp tahini
- Pinch salt
- 1tsp cinnamon

- 100g pumpkin seeds
- 100g sunflower seeds
- 2tbsp chia seeds
- 4tbsp sesame seeds

1 In a food processor, blend the banana, coconut oil, tahini, salt and cinnamon until you have a paste. Add the rest of the ingredients and pulse for another minute.

2 Pour the mixture out on to a coconut oil-greased roasting tin or cake tin, and put in the freezer for 1 hour. Remove it from the freezer, cut into bars and transfer to the fridge (these will last for 1 week in the fridge).

RAW CHERRY AND CHOCOLATE FUDGE

If you struggle to fall asleep, cherry can be a great sleep aid – and the raw gooey texture makes this fudge a perfect treat with a cup of chamomile tea before bed. Don't forget the active ingredient, almond butter: it provides lots of vitamin E for your skin.

Serves 6

- 100g almond butter (or any other nut butter)
- 100g coconut oil, plus extra for greasing
- 50g raw cacao powder
- 100g honey
- 1tsp vanilla extract

- Pinch sea salt
- 50g dried cherries

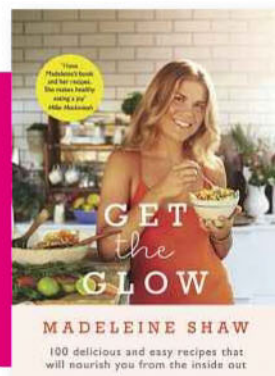
1 Put the nut butter and coconut oil in a food processor and mix for 1 minute. Sift in the raw cacao, then add the other ingredients (apart from the cherries) and whizz for a few minutes until gooey. At this point, throw in the cherries and mix with a spoon.

2 Scoop out the mixture with a spatula into a coconut oil-greased 24cm baking tin, then put it in the freezer for 30 minutes until firmly set.

3 Cut the fudge into bite-size bites with a sharp knife, then pop them back in the fridge, where they will keep for 2 weeks.



Get the Glow: 100 Delicious and Easy Recipes That Will Nourish You From the Inside Out by Madeleine Shaw. Published by Orion Books as a hardback (£20) and eBook (£10.99). For more information, visit orionbooks.co.uk.





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Pip & Nut has changed the face of good-for-you snacks with its amazing nut butters. The gently sea-salted Peanut Butter and Almond Butter are both delicious, but the Almond & Coconut Butter is a real game-changer. Try it on oatcakes for a snack so good you won't believe it's healthy.

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One size fits all with the Kuhn Rikon Smart Lid. You can use it on pots and pans of varying sizes to prevent splatter or to steam, thanks to its clever lockable valve. Achieve the perfect crispy texture or the ultimate in tenderness.

● £21.95, cookability.biz



Healthy bites

Want to fill your trolley without filling out? It is possible, says Amanda Khouv

DID YOU KNOW?

Gram for gram, **watercress** gives you more calcium than **whole milk**, more vitamin C than oranges and more vitamin E than broccoli!



Picking fruit

Whether you're mad about mango or potty about pineapple, Urban Fruit Snack Packs are an on-the-go essential. The perfectly ripe, sulphite-free fruit is picked in-season and then gently baked to make the ideal snack whenever, wherever. And don't worry about added sugar, either – there's none of that nasty stuff here.

● £1.97, Tesco, Asda and Waitrose

Restaurant rated!

Need a healthy kickstart to the day? Treat yourself to breakfast at Belgian bakery Le Pain Quotidien. If you can resist the temptation of their homemade, organic croissants and muffins and opt for one of its health-boosting brekkies instead, you're on to a winner. With healthy options such as the Organic Banana Crunola – a raw, vegan twist on granola – Chia Seed Pudding or Smoked Salmon Breakfast complete with soft-boiled eggs, it's really not that difficult. And if you want to grab something for lunch on your way out? We can't say no to the LPQ Kale Caesar Salad with vegan dressing.

● lepainquotidien.com



THREE WAYS WITH PINEAPPLE



PINEAPPLE WHIP SERVES 1

Place 165g pineapple chunks in a blender along with 120ml almond milk and ½tsp honey or agave nectar. Blend until smooth and serve immediately.



PINEAPPLE, COCONUT AND CHICKEN QUINOA SALAD SERVES 4

Cook 100g quinoa according to the packet instructions. Once cooked and cooled, mix in 1tbsp extra virgin olive oil, 1tbsp lemon juice, 1tsp freshly grated ginger and ½tsp ground cumin. Then add in 2 chopped chicken breasts, 165g chopped pineapple, 100g pistachios, 100g flaked coconut and a large handful of rocket, and serve.



PINEAPPLE SALSA SERVES 2

Finely chop 100g fresh pineapple and 1 large red chilli, and mix them together in a small bowl with 1tsp soy sauce and 1tbsp chopped fresh coriander. Use as a garnish with meat or fish.

FOOD FOCUS

PINEAPPLE

This tropical, nutrient-dense fruit cuts colds short, boosts energy and aids digestion

The pineapple – that wonderful fruit that evokes holidays and beaches! But as well as reminding us of that poolside piña colada, this nutrient-dense food has heaps of health benefits for a small amount of calories.

One of the key benefits of pineapple is its high manganese content, a trace mineral that boosts energy production and antioxidant defences by disarming the harmful free radicals produced in our body during exercise. Just one portion of pineapple contains almost 75 per cent of your daily manganese.

Vitamin C, our primary water-soluble antioxidant, is also in abundance in pineapple. This important vitamin is needed for collagen, which helps to build our bones and make connective tissue, which is especially important for exercisers. Vitamin C also helps us to metabolise fats and produce neurotransmitters, making pineapple a great mood – and memory boosting food. Other benefits of vitamin C include lowered high blood pressure, bolstered heart health, and reduced effects of asthma and the common cold.

Pineapple also features a mixture of enzymes known as bromelain, which helps to digest protein and has been used in Central and South America for centuries to help treat indigestion and reduce inflammation. Drinking pineapple juice is an effective way to take in its digestive and anti-inflammatory effects, but make sure it's a natural juice with no added sugar.

Pineapples are also fat-free and cholesterol-free, and contain a B

vitamin known as thiamin, which plays a key role in energy production – so you may find snacking on fresh pineapple before a workout gives you an extra boost.

Buy fresh pineapple whenever possible, but tinned pineapple is a good alternative as long as it has no added sugar in the juice.

The only word of caution with pineapple is if you suffer from heartburn or gastroesophageal reflux (GERD): it is a high-acid fruit, which may worsen the condition. ❗

‘Just one portion of pineapple contains almost 75% of your daily manganese requirement’

Superfood stats

165G PINEAPPLE PROVIDES:

82 calories
0g fat
22g carbohydrates
2g fibre
1g protein

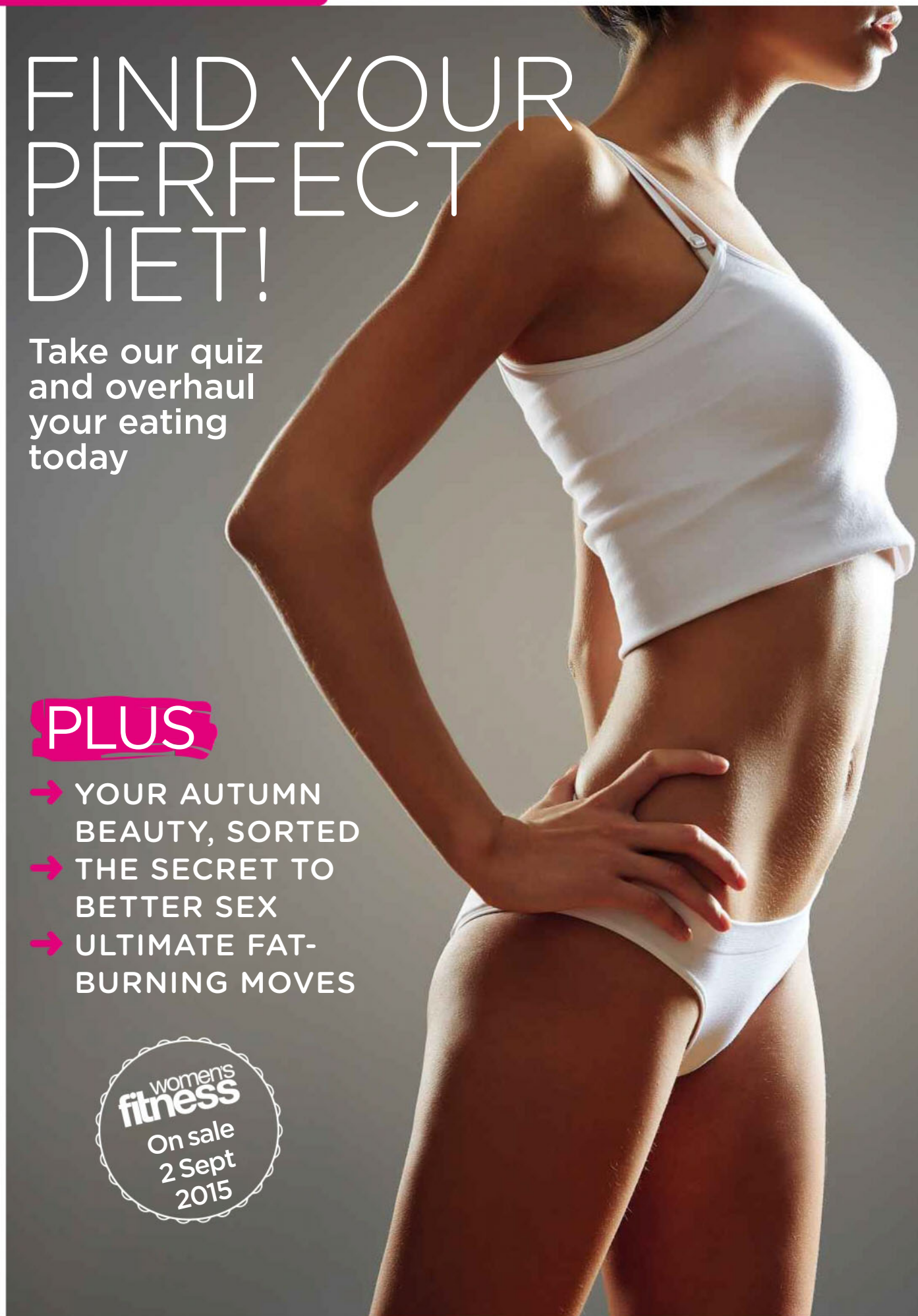


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PICTURE: SHUTTERSTOCK

Three glass bowls filled with a vibrant orange-red gazpacho soup, garnished with sliced heirloom tomatoes in various colors (red, yellow, green), cucumber, and fresh cilantro leaves. The bowls are arranged in a triangular pattern on a dark, textured surface. A dotted line with an arrow points from the text to the top bowl.

Gazpacho
with heirloom
tomatoes

The whole package

Think clean eating is a chore? Think again. With recipes from Amy Chaplin's *At Home in the Whole Food Kitchen*, you'll discover that meal times can be healthy and happy



GAZPACHO WITH HEIRLOOM TOMATOES

As soon as tomatoes hit the stands at the farmers' market, the weather is hot enough to crave gazpacho. Having a jar in the fridge is a good idea for any time the temperature soars – you'll love not having to heat up your kitchen to make it – all you need is a blender. Light and refreshing, gazpacho is a perfect make-ahead starter for a summer dinner party.

Serves 4-6

- 9 medium-large ripe tomatoes (1.5kg), roughly chopped
- 1 garlic clove, or more to taste, crushed
- 1 medium jalapeño, deseeded
- 3tbsp extra virgin olive oil
- 3tbsp red wine vinegar
- Sea salt
- 3tbsp finely chopped red onion
- 15g chopped coriander leaves
- 10 basil leaves, finely sliced

For the garnish:

- 3-4 mixed heirloom tomatoes, sliced in thin wedges
- 75g multi-coloured cherry tomatoes, halved
- Coriander leaves
- Extra virgin olive oil

1 Place a third of the tomatoes in an upright blender; add garlic, jalapeño, 1 tablespoon of the olive oil, 1 tablespoon of the vinegar and a pinch of salt. Blend on highest speed for 1-2 minutes or until completely smooth.

2 Pour into a large bowl and repeat with remaining tomatoes, olive oil and vinegar in two more batches. Add to the bowl, mix well and taste for heat, returning 240ml soup to the blender if you want to blend in more jalapeño. Stir in the onion, coriander and basil, and season to taste. Place in the fridge for 1-2 hours or until cool. Gazpacho is best the day it's made, but anything left over can be kept in the fridge for a couple of days.

3 To serve, divide the gazpacho between bowls, jars or glasses, and top with a couple of wedges of coloured heirloom tomatoes, a few cherry tomato halves, coriander leaves and a drizzle of olive oil. Note: The heat of jalapeños varies so much, so add a little at a time while blending the soup. If it's still not spicy enough, add some of the seeds.



ROASTED ACORN AND DELICATA SQUASH SALAD WITH WHEATBERRIES AND BITTER GREENS

Here's a salad with all my favourite elements: tangy dressing; sweet, roasted squash; nutty, mature goat's cheese; spiced seeds; and plump wholegrains combined with sturdy autumn greens. Any mature goat's cheese will work, but I suggest a smooth cheese, aged around six months. The wheatberries can easily be replaced with other large wholegrains such as spelt berries or kamut. If you can find small mustard leaves, they won't be as bitter and can be left whole; if not, tear the larger leaves into bite-size pieces and remove tough stems.

Serves 4-6

- 1 acorn squash, deseeded, quartered lengthways and cut into 8mm slices
- 1 delicata squash, halved lengthways, deseeded and cut into 8mm slices
- 2tbsp extra virgin olive oil
- ½tsp sea salt
- Freshly ground black pepper

For the dressing:

- 4tsp unpasteurised apple cider vinegar
- 60ml extra virgin olive oil
- ¼tsp sea salt
- Freshly ground black pepper
- 75g cooked wheatberries,

- drained and cooled
- 50g each small red or green mustard leaves, and rocket
- 25g thinly sliced shallots
- 115g mature goat's cheese, rind removed, shaved
- 35g pumpkin seeds

1 Preheat oven to 200°C/400°F/gas mark 6. Line 2 baking trays with baking parchment. Place the acorn squash slices on one tray and the sliced delicata on the other. Drizzle each tray with 1 tablespoon olive oil, ¼ teaspoon sea salt and a pinch of black pepper; toss to combine.

2 Roast for 30 minutes; turn the squash over, rotate the trays and roast for another 10-15 minutes or until browning, then set aside to cool.

3 Whisk the dressing ingredients together in a bowl and stir in the cooked wheatberries.

4 Spread half the greens over a serving platter, then add half of each of the following: acorn and delicata squash, shallots, goat's cheese and pumpkin seeds. Drizzle with half the dressing and repeat with remaining ingredients. Toss lightly and serve immediately.

PLUM MILLET MUFFINS

These muffins are tender, fragrant and surprisingly light. If you prepare the millet ahead of time, these muffins are very quick to make. You can also use quinoa in place of the millet; you'll need 180g cooked quinoa, plus a couple of tablespoons to sprinkle over the top. If you're using particularly juicy plums, place them in a sieve over a bowl for five minutes to drain off any excess juice. If you forget to soak the millet, increase the cooking liquid by a couple of tablespoons.

Makes 10

- 45g millet, washed and soaked for 12-24 hours in 240ml filtered water
- Pinch sea salt
- 150g sprouted spelt flour or whole spelt flour
- 1tbsp aluminium-free baking powder
- Zest of 1 orange
- Zest of 1 lemon
- 120ml fresh orange juice

- 60ml plus 2tbsp maple syrup
- 60ml plus 2tbsp extra virgin olive oil or melted extra virgin coconut oil
- 60ml almond milk or plain soya milk
- 1tbsp vanilla extract
- ¼tsp sea salt
- 4 medium red plums, pitted and cut into 1.2cm slices
- ¼tsp ground cinnamon

1 Drain and rinse the millet. Place in a small pan, add 120ml water and the salt. Bring to the boil; cover the pan, reduce heat to low and simmer for 20 minutes.

2 Remove from heat; leave for 10 minutes before removing lid and fluffing with a fork. You should have 180g plus 2 tablespoons cooked millet.

3 Preheat the oven to 180°C/350°F/gas mark 4. Line a standard muffin tin with 10 muffin cases.

4 Sift the flour and baking powder

into a medium bowl; stir to combine and set aside. In another bowl, combine the orange zest, lemon zest, orange juice, maple syrup, olive oil, almond milk, vanilla and sea salt; whisk until emulsified.

5 Add the flour mixture and, using a rubber spatula, gently stir until almost combined. Fold in the plums and 180g cooked millet, stirring until just combined – don't over-mix.

6 Divide the mixture between muffin cases, filling them all the way to the top. Sprinkle cinnamon and the remaining millet over the tops and bake for 30-35 minutes. The muffins are cooked when a toothpick inserted in the centre comes out clean.

7 Remove from the oven and leave the muffins in the tin for 5-10 minutes before transferring to a wire rack. Best eaten the day they're made.



SOFT POLENTA WITH NETTLES, PEAS AND GOAT'S CHEESE

Using corn grits (cornmeal) to make polenta gives a satisfying, coarser texture that won't lump as easily as the finer ground Italian polenta. Any type will work here, but the exact cooking time will depend on how coarse they are – just taste periodically until the raw flavour is gone and it is thick and creamy. If you find it hard to source corn grits (cornmeal) then use polenta instead.

Stinging nettles are a wild herb with a lovely, grassy flavour – they help enrich the blood and build vitality, but they're not generally available in grocery shops, so look for them at a farmers' market. If nettles are not available, spinach can be used in their place.

Serves 4

- 1.4L filtered water
- 4 bay leaves
- ½tsp sea salt
- 240g corn grits (cornmeal) or polenta
- 2tbsp extra virgin olive oil

For the peas and nettles:

- 300g shelled peas,

- fresh or frozen
- 2tbsp extra virgin olive oil, plus more for drizzling
- 4 garlic cloves, thinly sliced
- 2 leeks, thinly sliced
- Sea salt
- 150g nettle leaves, roughly chopped
- 175g fresh goat's cheese
- Zest of 1 lemon
- 1tbsp fresh lemon juice
- Freshly ground black pepper

1 Add water and bay leaves to a medium pan and bring to the boil over a high heat. Cover, reduce heat and simmer for 5 minutes.

2 Remove and compost the bay leaves and add salt. Raise the heat to high and slowly pour in the corn grits, whisking constantly, until the mixture is boiling again. Reduce the heat to low and cook uncovered for 20-25 minutes, whisking every minute or so to prevent mixture from sticking. Taste to check that it's soft and cooked; if not, continue cooking for 5 minutes more or until the raw flavour is gone.

3 Remove from the heat, stir in olive oil and season to taste. Cover pan and set aside.

4 If you're using fresh peas, bring a small pan of water to the boil. Add the peas and cook for 2 minutes or until tender. Remove from heat, drain and set aside to cool. If you're using frozen peas, skip this blanching step.

5 Warm olive oil in a wide frying pan over a medium heat. Add garlic and sauté for 1 minute; add leeks and a pinch of salt and continue cooking for 4-5 minutes or until softened. Stir in the nettles and cook for 2-3 minutes or until wilted and tender.

6 Add the peas and stir until heated. Crumble in half of the goat's cheese, half of the lemon zest and the lemon juice. Remove from heat and stir to combine. Season with salt and pepper to taste.

7 Divide the polenta into the bowls and top with the nettle and pea mixture. Crumble a little goat's cheese over each portion, sprinkle with the remaining zest and drizzle with olive oil.



BEETROOT CHICKPEA CAKES WITH TZATZIKI

Chickpeas and beetroot are two of my favourite ingredients. Whether they're eaten together or separately, I can't imagine a week without them appearing in at least a couple of my meals. The heartiness of chickpeas and the earthiness of beetroot lifted with a splash of vinegar make a most satisfying meal, but when shaped into cakes and topped with dill-packed, garlicky yoghurt, they're taken to a whole new level. These are great warm or at room temperature and also yummy tucked into warm pitta bread with tomatoes, crunchy lettuce and a generous spoonful of tzatziki.

Makes 12 cakes

- 2tbsp extra virgin olive oil, plus more for brushing cakes and tray
- 2 x 425g tins chickpeas, drained and rinsed
- 2 red onions, finely diced
- 8 garlic cloves, finely chopped
- 2tsp sea salt, plus more to taste
- 340g raw red beetroot, grated on largest holes of a box grater
- 2tbsp balsamic vinegar
- 30g chopped dill
- Freshly ground black pepper
- Tzatziki to serve

1 Preheat the oven to 190°C/375°F/gas mark 5. Line a baking tray with baking parchment, lightly brush with olive oil and set aside.

2 Place the chickpeas in a bowl and crush with a potato masher; set aside. (Note: don't mash the chickpeas completely. The mixture should be somewhat chunky.)

3 Warm olive oil in a wide frying pan over a medium heat. Add the onions and sauté for 5 minutes or until browning. Add garlic and salt and cook for another 3 minutes. Stir in grated beetroot and continue cooking for another 6-8 minutes or until the beetroot is cooked. Add balsamic vinegar and remove from heat. Add to the mashed chickpeas along with chopped dill and mix well to combine. Season to taste with salt and pepper.

4 Divide the mixture into 12 and shape into cakes. Place on the tray and brush the top and sides of



each cake with olive oil. Bake for 15 minutes, rotate the tray and continue baking for another 15 minutes or until brown on the bottom. Remove from oven; allow to cool for 5 minutes before serving.

5 To serve, slide a thin spatula under each cake and flip onto plate so the bottom side is up. Top with tzatziki or serve it on the side.

For the tzatziki:

Tzatziki is a fantastic Greek yoghurt dip made with cucumber, dill, garlic and olive oil. The first time I ate it was on a trip to Greece with my best friend, Guinevere, many years ago. The tzatziki we had was served with cooked beetroot and beetroot greens, and the simple and extremely tasty combination has stuck with me ever since. Don't save it just for these cakes; tzatziki is delicious served with roasted vegetables, simple grains and crunchy summer salads.

Makes 480ml

- 1 large cucumber, peeled and deseeded
- 360ml Greek yoghurt or labneh
- 10g chopped dill
- 2 garlic cloves, crushed
- ¾tsp sea salt, plus more to taste
- 2tbsp extra virgin olive oil, plus more for drizzling
- Freshly ground black pepper

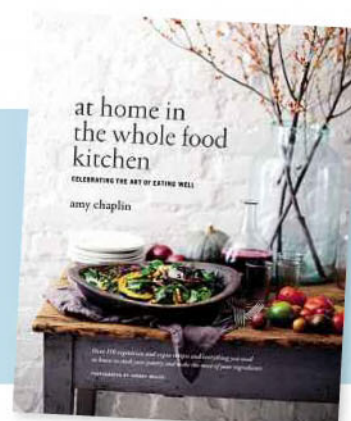
1 Grate the cucumber using the largest holes of a box grater, place in a sieve and squeeze out the juice with your hands.

2 Discard (or drink!) the juice and add the cucumber to a medium bowl along with yoghurt, dill, garlic, salt, olive oil and a pinch of black pepper.

3 Stir, season to taste and serve drizzled with olive oil. Store leftovers in an airtight container in the fridge for up to three days.

GET COOKING

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STUDENT TESTIMONIAL

Sue Pash began her studies
with the school in 2004.

I am a therapist who loves continuing to learn about complementary therapy – and SNHS has proved invaluable for adding to my skills. The courses make great ongoing CPD too! Since becoming a student in 2004 I have taken several courses and gained the confidence to write the Holistic Dowsing Course for the school. In association with my therapist colleagues, I am now also proud to offer mentoring services for the school's students, offering practical sessions in many of the course subjects, together with business mentoring and seminars in Practice Management. This year my business has expanded again by adding a second Practice room, run in partnership with a fellow graduate of the school.

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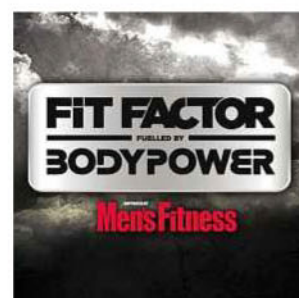
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ARE YOU FITNESS MODEL MATERIAL?

We talk to Fit Factor contestant Linda Illerstam about what it takes to win



'I HAD A CHANCE TO INFLUENCE AND INSPIRE PEOPLE TO FIGHT FOR THEIR HEALTH AND WELLBEING'



Although Fit Factor isn't as intimidating as other shows, it still requires some preparation and alongside a fit, toned body judges are looking for a gorgeous face, too. Categories aren't as strict as other competitions and competitors receive real-time feedback from the judges.

We asked Linda what she enjoyed most about Fit Factor: 'I really enjoyed the fact that it was so different from any other contest I've ever done. The T-walk on stage was like a combination of a standard Bikini Fitness t-walk and a fitness fashion runway. It was also great to have a competition with such diversity. I got to know a lot of really nice people and we were all cheering each other on and helping each other out. And, I believe, that shows what the competition is really all about. It's not just about having a pretty face and an athletic body, it's about having IT - the 'fit factor' - something about your personality that pops and makes people happy and inspired by you.

Ever thought about getting into fitness modelling? Fit Factor is a fitness model search with a difference!

Judged by pro muscle models and industry experts, it's a great opportunity to get scouted, get competition experience and get your body into shape!

For bikini model Linda Illerstam, what's at stake is much more important than winning sponsorships or making it to the nationals. 'I realised I had a chance to influence and inspire people to fight for their health and wellbeing through my personal experiences,' says the 24-year-old Fit Factor winner.

Winning second place in this year's Fit Factor model search,

the personal trainer from Stockholm was pleased with her performance, as this year's competition was one of the toughest. With over 79,000 visitors and 100 competitors, BodyPower's Fit Factor competition provided some stiff competition. The 100 entrants on day one were whittled down to 50 for day two, which included a live photoshoot on stage!

'Every year the standard of the competitors improves, as does the interest in the show. People compete from all walks of life and it's a fantastic way to meet like-minded people, get in shape and most of all have fun,' says Fit Factor promotor Renee Watters.

TRAIN LIKE LINDA

'I lift 4-5 times a week and mix up different types of cardio, from sprints and intervals to Crossfit and Thai boxing. I always keep things fresh and change the exercises, tempo and resistance. But most importantly I make sure I always rest if I need to.'

For details on how to enter Fit Factor 2016 please email fitfactor@bodypower.tv

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Love life, keep fit and feel fab with this month's motivational tips and must-haves

WISE WORDS

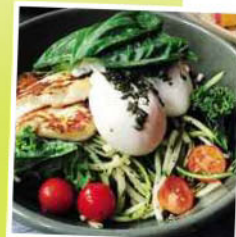
'My clients and followers motivate me every day. Their questions inspire me to keep thinking of ways to educate people about food. I really enjoy thinking of tasty, easy ways for them to make healthy eating a way of life.'

Madeleine Shaw, nutritional health coach, is working with Savve – find out more about the 100 per cent natural, cold-pressed fruit and veg smoothies at savesmoothies.com



INSTA-CRUSH

Team WF have seriously fallen for the array of colourful food creations from Arielle Zinn. Follow her on Instagram @cocohealth for inspiration to turn your everyday ingredients into a plate full of delicious restaurant-worthy food!



Fancy footwear

Stay on trend and light on your feet in a pair of these bright Nike Free 5.0s. Note the new super-flexible soles for free movement and reduced layers in the upper for seam-free comfort.

● £125, nike.com



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